



NUTRITIONAL INFORMATION
PRODUCT NAME: Sweet Potato Pancake Mix
PRODUCT NUMBER: 84324

Nutrition Facts	
Serving Size 57g	
Amount per Serving	
Calories 200	
Calories from Fat 0	
% Daily Value	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
<i>Trans Fat</i> 0 g	
Cholesterol 0 mg	0%
Sodium 330mg	14%
Total Carbohydrate 43 g	14%
Dietary Fiber less than 1 g	3%
Sugars 9 g	
Protein 6 g	
Vitamin A 130%	Vitamin C 10%
Calcium 6%	Iron 15%
*Percent Daily Values are based on a 2000-calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 373g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 - Carbohydrate 4 - Protein 4	