

Free-O-Wheat® Golden Pancake Mix (13 oz)

Nutrition Facts

~16 servings per container

Serving size **1/5 cup (4 inch
pancake) (23g)**

Amount Per Serving

Calories **90**

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 5mg **2%**

Sodium 130mg **6%**

Total Carbohydrate 19g **7%**

Dietary Fiber 0g **0%**

Total Sugars 4g

Includes 3g Added Sugars **6%**

Protein 2g **4%**

Vitamin D 0mcg **0%**

Calcium 31mg **2%**

Iron 0mg **0%**

Potassium 52mg **2%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.