

Pancakes & Blueberries

Nutrition Facts

Serving Size 6 oz.

Serving Per Container 1

Amount Per Serving

Calories 180 Calories from Fat 45

% Daily Value *

Total Fat 5g **8%**

 Saturated Fat 3g **14%**

 Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 300mg **13%**

Total Carbohydrate 28g **9%**

 Dietary Fiber 1g **5%**

 Sugars 7g

Protein 6g

Vitamin A 6% Vitamin C 0%

Calcium 15% Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.

Ingredients: Pancakes (water, enriched wheat/barley flour, potassium bromate), blueberry pie filling (blueberries, high fructose corn syrup, water, modified food starch, xanthum gum, salt, cinnamon, benzoate of soda, sodium propionate) pasteurized whole eggs, sugar, yellow corn flour, soybean oil, baking powder, imitation vanilla, dextrose, salt) ricotta cheese mix (ricotta[whey, milk, vinegar, cultures]), water, pasteurized whole eggs, salt, sweet whey powder, parmesan cheese, romano cheese, white pepper & seasoning); Apple Pie Filling (apples, high fructose corn syrup, water, modified food starch, xanthum gum, citric acid, salt, cinnamon, benzoate of soda, potassium sorbate, ascorbic acid)

Contains: wheat, milk and egg