

# Enjoy Life Pancake Mix Label 4-6-15

Nutrition Facts			
Serving Size About 1/4 cup (40g) (amount for one 110g pancake)			
Servings Per Container About 11			
Amount Per Serving		As Mix Prepared	
<b>Calories</b>		140	200
Calories from Fat		10	40
% Daily Value**			
<b>Total Fat 1g*</b>		<b>2%</b>	<b>7%</b>
Saturated Fat 0g		<b>0%</b>	<b>0%</b>
Trans Fat 0g			
<b>Cholesterol 0mg</b>		<b>0%</b>	<b>0%</b>
<b>Sodium 370mg</b>		<b>15%</b>	<b>18%</b>
<b>Total Carbohydrate 29g</b>		<b>10%</b>	<b>11%</b>
Dietary Fiber 2g		<b>8%</b>	<b>8%</b>
Sugars 5g			
<b>Protein 5g</b>		<b>6%</b>	<b>6%</b>
Vitamin A		0%	0%
Vitamin C		0%	0%
Calcium		2%	4%
Iron		6%	8%
*Amount in Mix. As Prepared contributes an additional 60 Calories (30 Calories from Fat), 3.5 g Total Fat, 60 mg Sodium, 5 g Total Carbohydrate (1 g Sugars).			
**Percent Daily Values are based on a 2,000 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			