

Kodiak Superfood Pancake no/egg #01768

11/19/2015

Nutrition Facts	
Serving Size 1/2 Cup (53g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	16%
Total Carbohydrate 34g	11%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 8g	
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 8%
*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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Low Fat
Free of Saturated Fat
Free of Cholesterol
High Protein
High Vitamin B-1
High Vitamin B-2
High Vitamin B-6
High Phosphorous

Contains Milk.

INGREDIENTS: Wheat Flour, Oat Flour, Brown Sugar, Non Fat Dried Milk, Golden Flaxseed Meal, White Quinoa Flour, Wheat Protein Isolate, Organic Chia Seeds, Mono-Calcium Phosphate, Sodium Bicarbonate, Whey protein concentrate, lecithin (derived from soy), Sea Salt, Vitamin Blend (Niacinamide, Calcium D-Pantothenate, Maltodextrin, Pyridoxine HCL, Riboflavin, Thiamin Mononitrate, Folic Acid, D-Biotin, Vitamin B-12.).