



Author

Categories BREAKFAST

Tools

Locations STUDENT CENTER CAFE

Plate/Store

Yield	5.5	oz	Prep
Portion	5.5	oz	Cook
Num Portions	1		Finish
			Shelf

Nutrition Facts	
Serving Size	5.5 oz (156g)
Servings Per Container	1
Amount Per Serving	
Calories 525	Calories From Fat 145
% Daily Value	
Total Fat 16g	24%
Saturated Fat 10g	44%
Cholesterol 68mg	23%
Sodium 524mg	22%
Total Carbohydrates 98g	33%
Dietary Fiber 1g	2%
Protein 4g	
Vitamin A 12%	Vitamin C 0%
Calcium 15%	Iron 9%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

High in Carbohydrates
Good Source of Vitamin A
Good Source of Calcium

Ingredients

SYRUP PANCAKE, MILK, all purpose flour, BUTTER, EGG, granulated case sugar, baking powder, SPICE SALT