

Shirley J Pancake and Waffle Mix

Nutrition Facts	
21 servings per container	
Serving size	1.5 oz.(40g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 490mg	21%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 2mg	10%
Potassium 89mg	2%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Enriched Bleached Flour (niacin, reduced iron, thiamin mononitrate, riboflavin), Sugar, Soya Flour, Corn Sugar, Powdered Buttermilk, Vegetable Shortening (Soya or Cottonseed), Corn Starch, Sodium Carbonate, Powdered Whole Eggs, Sodium Acid Pyrophosphate, Salt, Monocalcium Phosphate.

Contains Egg, Soy, Wheat.