

New Hope Mills Inc.

Buttermilk Pancake Mix

NUTRITION FACTS			
Serving Size: 1/3 cup (45g)			
Servings per Container:			
Amount per Serving			
Calories 150		Calories from Fat 5	
% Daily Value*			
Total Fat 1g			1%
Saturated Fat	0g		0%
Cholesterol 0mg			0%
Sodium 780mg			33%
Total Carbohydrate 32g			11%
Dietary Fiber	2g		9%
Sugars	10g		
Protein 4g			
Vitamin A	0%	*	Vitamin C 0%
Calcium	25%	*	Iron 15%
*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