

New Hope Mills Inc.
Old Fashioned Buckwheat Pancake Mix

NUTRITION FACTS	
Serving Size: 1/3 cup (51g)	
Servings per Container:	
Amount per Serving	
Calories 170	Calories from Fat 10
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0	0%
Cholesterol 0mg	0%
Sodium 690mg	29%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 5g	
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	