

**Mrs. Butterworth's
Pancakes
46004**

Individual Piece Weight = 1.20 oz.

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTERMILK, HIGH FRUCTOSE CORN SYRUP, CORN FLOUR, WHOLE EGGS, WATER, SOYBEAN OIL, SOY FLOUR. CONTAINS 2% OR LESS OF: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), SALT.

ALLERGEN STATEMENT

CONTAINS: EGGS, MILK, SOY, WHEAT

Nutrition Facts

Serving Size 3 pancakes (102g)
Servings per Container 48

Amount Per Serving		% Daily Value*	
Calories	220	Calories from Fat	35
Total Fat	4g		6%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	25mg		8%
Sodium	470mg		20%
Total Carbohydrate	39g		13%
Dietary Fiber	2g		8%
Sugars	7g		
Protein	6g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	10%
Thiamin	15%	Riboflavin	10%
Niacin	10%	Folate	15%
Phosphorus	20%		

*Percent (%) Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower based 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

Per Piece Grain Credit using the 16g Ounce Equivalent Standard

Total Creditable Grains 10.2 grams divided by 16 grams = 0.637 Grain oz. eq.

Rounded down to nearest quarter = **0.5 Grain oz. eq. for 1 pancake**

10.2 grams of creditable grains x 2 pancakes = 20.4g / 16g = 1.275 Grain oz. eq rounded down to nearest quarter = **1.25**

Grain oz. eq. for 2 pancakes

10.2 grams of creditable grains x 3 pancakes = 30.6g / 16g = 1.91 Grain oz. eq. rounded down to nearest quarter = **1.75**

Grain oz. eq. for 3 pancakes

10.2 grams of creditable grains x 4 pancakes = 40.8g / 16g = 2.55 Grain oz. eq. rounded down to the nearest quarter = **2.5**

Grain oz. eq. for 4 pancakes

Whole Grain Rich Qualification

Does this product qualify as Whole Grain Rich? **No**

I certify that the above information is true and correct in accordance with the standards set forth in the Food Buying Guide for Child Nutrition Programs and USDA Memo SP 30-2012 issued April 26, 2012.



Dana Hill, Director Regulatory Affairs,
Pinnacle Foods Group LLC
16g Grain oz. eq. standard
June 16, 2013