

Aunt Jemima Original Pancakes 43571

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, ARTIFICIAL FLAVOR.

ALLERGEN STATEMENT CONTAINS: EGGS, MILK, SOY, WHEAT

Nutrition Facts

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

Amount Per Serving					
Calories 220	Calories from Fat 35				
		% Daily	Value*		
Total Fat 4g			6%		
Saturated Fat	0.5g		3%		
Trans Fat 0g					
Cholesterol 25	mg		8%		
Sodium 470 mg			20%		
Total Carbohydrate 39g			13%		
Dietary Fiber			8%		
Sugars 7 g					
Protein 6g					
Vitamin A	0%	 Vitamin (C 0%		
Calcium	4%	 Iro 	n 10%		
Thiamin	15%	 Riboflavi 	n 10%		
Niacin	10%	 Folat 	e 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.

Jana a. Hill

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