

## Basic Report 28374, VAN'S, Gluten Free, Totally Original Pancakes

Report Date: May 28, 2017 21:53 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 pancake 48g	1 box 352g
<b>Proximates</b>				
Water	g	50.24	24.12	176.84
Energy	kcal	215	103	757
Protein	g	3.31	1.59	11.65
Total lipid (fat)	g	4.55	2.18	16.02
Carbohydrate, by difference	g	40.32	19.35	141.93
Fiber, total dietary	g	1.5	0.7	5.3
Sugars, total	g	4.06	1.95	14.29
<b>Minerals</b>				
Calcium, Ca	mg	39	19	137
Iron, Fe	mg	0.70	0.34	2.46
Magnesium, Mg	mg	34	16	120
Phosphorus, P	mg	306	147	1077
Potassium, K	mg	127	61	447
Sodium, Na	mg	331	159	1165
Zinc, Zn	mg	0.55	0.26	1.94
<b>Vitamins</b>				
Thiamin	mg	0.070	0.034	0.246
Riboflavin	mg	0.040	0.019	0.141
Niacin	mg	1.550	0.744	5.456
Vitamin B-6	mg	0.075	0.036	0.264
<b>Lipids</b>				
Fatty acids, total saturated	g	0.480	0.230	1.690
Fatty acids, total monounsaturated	g	2.376	1.140	8.364
Fatty acids, total polyunsaturated	g	1.241	0.596	4.368
Fatty acids, total trans	g	0.013	0.006	0.046

### Amino Acids

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 pancake 48g</b>	<b>1 box 352g</b>
<b>Other</b>				