

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

Report Date: July 26, 2017 06:37 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 pancake 48g	1 box 352g
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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

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Other				