

Heavenly Blue Corn Hotcakes

Nutrition Facts

6 servings per container

Serving size 1 hotcake (57g)

Amount Per Serving

Calories 240

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 620mg **27%**

Total Carbohydrate 34g **12%**

Dietary Fiber 2g **7%**

Total Sugars 7g

Includes 4g Added Sugars **8%**

Protein 8g

Vitamin D 0.4mcg 2%

Calcium 160mg 15%

Iron 1.8mg 10%

Potassium 130mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CORNMEAL (BLUE), ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), EGG, BUTTER (CREAM, NATURAL FLAVOR), MILK, BUTTERMILK, DRIED, SUGAR, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), BAKING SODA, SEA SALT

CONTAINS: MILK, EGG, WHEAT

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