Banana Wheat Pancake $.95

**Nutrition Facts** Serving Size: 1 item (89.64g), Servings Per Container: 1, Amount Per Serving: **Calories** 150, Calories from Fat 45, **Total Fat** 5g (8% DV), Saturated Fat 1g (5% DV), Trans Fat 1g, **Cholesterol** 0mg (0% DV), **Sodium** 140mg (6% DV), **Total Carbohydrate** 22g (7% DV), Dietary Fiber 2g (8% DV), Sugars 5g, **Protein** 5g, Vitamin A (6% DV), Vitamin C (2% DV), Calcium (6% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Ingredients:** Milk, Non Fat Skim or Fat Free; Banana; Flour, All Purpose Wheat; Flour, Whole Wheat; Margarine Glenview Farms; Applesauce, Unsweetened, Canned; Flaxseed Meal; Baking Powder, with Sodium Aluminum Sulfate; Salt, Table