Product Name	Blueberry Mini Pancake Bites
Flavor Descriptor	Naturally Flavored with Other Natural Flavors
NLI Description	Production
Brand	**Eggo**

Date Created	01/02/18
NLI #	14639
Kosher Status	OU-D
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	2
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	32 g

Serving Size	1 Pouch
Serving Size g	86
Serving Size oz	
Amount Per Serving	
Calories	210

			% Daily Value*				% Daily Value*	
Total Fat	6	g	8	%				%
Saturated Fat	1	g	5	%				%
Trans Fat	0	g						
Polyunsaturated Fat								
Monounsaturated Fat								
Cholesterol	10	mg	3	%				%
Sodium	310	mg	13	%				%
Total Carbohydrate	35	g	13	%				%
Dietary Fiber	4	g	13	%				%
Soluble Fiber								
Insoluble Fiber								
Total Sugars	11	g						
Includes 10g Added Sugars	10	g	20	%				%
Sugar Alcohol								
Protein	4	g		%				%
Vitamin D	0	mcg	0	%				%
Calcium	60	mg	4	%				%
Iron	3.6	mg	20	%				%
Potassium	140	mg	2	%				%
Vitamin A			20	%				%
Vitamin C				%				%
Vitamin E				%				%
Vitamin K				%				%
Thiamin				%				%
Riboflavin				%				%
Niacin			15	%				%
Vitamin B6			10	%				%
Folate		mcg DFE		%		mcg DFE		%
Folic Acid								
Vitamin B12			10	%				%
Biotin				%				%
Pantothenic Acid				%				%
Phosphorus			20	%				%
Iodine				%				%
Magnesium				%				%
Zinc				%				%
Selenium				%				%
Copper				%				%
Manganese				%				%
Chromium				%				%
Molybdenum				%				%
Chloride				%				%
Choline				%				%
Fluoride								

Ingredients:

Whole wheat flour, **water, sugar, vegetable oil** (soybean and/or canola, palm), **buttermilk, eggs, contains 2% or less of** leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), fructose, salt, natural flavors, milled corn, cornstarch, yellow corn flour, soy lecithin, corn syrup solids, black carrot juice concentrate for color, blueberry juice concentrate for color.

Vitamins and Minerals: Vitamin A palmitate, reduced iron, vitamin B6 (pyridoxine hydrochloride), vitamin B12.

ALLERGEN INFORMATION:

CONTAINS WHEAT, MILK, EGG AND SOY INGREDIENTS.

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
00038000925610	Pouch	3.03 oz (86 g)	1
00038000925603	Case	72 - 3.03 oz (86 g)	72

Nutrient Contents Per 100g

Calories	247	Vitamin E	0 mg
Total Fat	6.8 g	Vitamin K	NA mcg
Saturated Fat	1.4 g	Thiamin	NA mg
Trans Fat	0.1 g	Riboflavin	0.10 mg
Polyunsaturated Fat	3.5 g	Niacin (NE)	3.4 mg
Monounsaturated Fat	1.5 g	Vitamin B6	0.24 mg
Cholesterol	9 mg	Folate (DFE)	18 mcg
Sodium	361 mg	Folic Acid	0 mcg
Total Carbohydrate	41.3 g	Vitamin B12	0.4 mcg
Dietary Fiber	4.1 g	Biotin	NA mcg
Soluble Fiber	0.0 g	Pantothenic Acid	NA mg
Insoluble Fiber	0.0 g	Phosphorus	312 mg
Total Sugars	12.3 g	Iodine	NA mcg
Added Sugars	11.9 g	Magnesium	53 mg
Sugar Alcohols	NA g	Zinc	1.2 mg
Protein	5.0 g	Selenium	NA mcg
Vitamin D	0 mcg	Copper	NA mg
Calcium	72.4 mg	Manganese	NA mg
Iron	4.2 mg	Chromium	NA mcg
Potassium	171 mg	Molybdenum	NA mcg
Vitamin A (RAE)	257 mcg	Chloride	NA mg
Vitamin C	0 mg	Choline	NA mg
NA = Database values for the nutrient do not exist or are incomplete.		Fluoride	NA mg
		Moisture	44.9 %
		Ash	2 %
		Whole Grain	38.12 %

Product information can change at any time.
Always refer to product package for current nutrition and ingredient information.

Julia Jursinic

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