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

Date Created	01/07/20
NLI #	14640
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	320	mg	14	%				%
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), natural flavors, fructose, salt, milled corn, cornstarch, yellow corn flour, soy lecithin, corn syrup solids, cocoa (processed with alkali).

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
00038000925634	Pouch	3.03 oz (86 g)	1
00038000925627	Case	72 - 3.03 oz (86 g)	72

Nutrient Contents Per 100g

Calories	247	Vitamin E	0 mg
Total Fat	6.9 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	0.25 mg
Cholesterol	9 mg	Folate (DFE)	18 mcg
Sodium	375 mg	Folic Acid	0 mcg
Total Carbohydrate	41.2 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	311 mg
Total Sugars	12.3 g	Iodine	NA mcg
Added Sugars	11.8 g	Magnesium	54 mg
Sugar Alcohols	NA g	Zinc	1.2 mg
Protein	5.1 g	Selenium	NA mcg
Vitamin D	0 mcg	Copper	NA mg
Calcium	72.1 mg	Manganese	NA mg
Iron	4.2 mg	Chromium	NA mcg
Potassium	172 mg	Molybdenum	NA mcg
Vitamin A (RAE)	258 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	45.2 %
		Ash	1.6 %
		Whole Grain	38.21 %

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

Bonnie Farmer

Bonnie Farmer, MS, RD
Nutrition Labeling & Regulatory Compliance
Kellogg Company

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GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container

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