

Nutrition Information**: American style pancakes - plain and without toppings

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	178.9	73.2	4 %	2000 kcal
Fat (g)	3.5	1.4	2 %	70 g
<i>of which saturates (g)</i>	1.3	0.5	3 %	20 g
<i>of which monounsaturates (g)</i>	1.1	0.5		
<i>of which polyunsaturates (g)</i>	0.4	0.2		
Carbohydrates (g)	30.9	12.7		
<i>of which sugars (g)</i>	5.8	2.4	3 %	90 g
<i>of which starch (g)</i>	25.1	10.3		
Fibre (g)	1.2	0.5		
Protein (g)	7.9	3.2		
Salt (g)	0.5	0.2	4 %	6 g

The above recipe contains: 12 servings

*Reference intake of an average adult (2000kcal)

Each serving (41 g) contains:					KEY:
Energy 73.2 kcal 4 %	Fat 1.4 g 2 %	Saturates 0.5 g 3 %	Sugars 2.4 g 3 %	Salt 0.2 g 4 %	LOW MEDIUM HIGH

of an adults reference intake

Typical values per 100g: 178.9 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	182.7	74.7
Calcium (mg)	120.7	49.4
Iron (mg)	1.1	0.4
Vit A (µg)	40.5	16.6
Vit D (µg)	0.8	0.3
Vit E (mg)	0.5	0.2
Vit K (µg)	0.3	0.1
Vit B6 (mg)	0.1	0.0
Vit B12 (mg)	0.8	0.3
Vit C (mg)	0.4	0.2
Folate (µg)	23.7	9.7

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