

# Breakfast - Pancakes & Syrup

Lancer Management

**Author**

**Categories**

**Tools**

**Locations**

**Plate/Store**

**Yield** 1 servings

**Portion** 1 servings

**Num Portions** 1

**Prep**

**Cook**

**Finish**

**Shelf**

## Nutrition Facts

Serving Size 1 servings

Servings Per Container 1

Amount Per Serving

**Calories** 560 Calories From Fat 181

% Daily Value

**Total Fat** 20g 30%

Saturated Fat 6g 29%

**Cholesterol** 105mg 35%

**Sodium** 950mg 40%

**Total Carbohydrates** 88g 29%

Dietary Fiber 0g 0%

**Protein** 11g

Vitamin A 8% Vitamin C 1%

Calcium 25% Iron 16%

\* Percent Daily Values are based on a 2000 calorie diet.

## Nutrition Descriptors

High in Calcium  
High in Carbohydrates  
High in Protein  
Good Source of Iron