

**Nutritional Information for
10-Grain Pancake and Waffle Mix****Serving Size** 1/2cup(58g)**Servings Per
Container** 12.00**Calories** 180.00**Calories from Fat** 10.00**Total Fat** 1.00g**Saturated Fat** 0.50g**Trans Fat** 0.00g**Cholesterol** 5.00mg**Sodium** 630.00mg**Total
Carbohydrate** 35.00g**Dietary Fiber** 4.00g**Sugars** 3.00g**Protein** 8.00g**Ingredients** whole wheat flour, buttermilk powder (milk), baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), whole grain corn flour, rye flour, triticale flour, oat flour, rolled oats, soy flour, millet flour, barley flour, brown rice flour, sea salt, flaxseed meal, baking soda