

# Kellogg's® Eggo® Minis Pancakes Maple

| <b>Nutrition Facts</b>                                |                      | * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:                                                                                                                                                                                                                                                                                       |                  |
|-------------------------------------------------------|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| Serving Size                                          | 1 Pouch (86g)        | Calories                                                                                                                                                                                                                                                                                                                                                                                                                  | 2,000      2,500 |
| <b>Amount Per Serving</b>                             |                      |                                                                                                                                                                                                                                                                                                                                                                                                                           |                  |
| <b>Calories</b> 210                                   | Calories from Fat 50 |                                                                                                                                                                                                                                                                                                                                                                                                                           |                  |
|                                                       |                      | <b>% Daily Value*</b>                                                                                                                                                                                                                                                                                                                                                                                                     |                  |
| <b>Total Fat</b> 6g                                   |                      |                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>9%</b>        |
| Saturated Fat 1g                                      |                      |                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>5%</b>        |
| <i>Trans</i> Fat 0g                                   |                      |                                                                                                                                                                                                                                                                                                                                                                                                                           |                  |
| <b>Cholesterol</b> 10mg                               |                      |                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>3%</b>        |
| <b>Sodium</b> 320mg                                   |                      |                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>13%</b>       |
| <b>Potassium</b> 150mg                                |                      |                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>4%</b>        |
| <b>Total Carbohydrate</b> 35g                         |                      |                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>12%</b>       |
| Dietary Fiber 4g                                      |                      |                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>14%</b>       |
| Sugars 11g                                            |                      |                                                                                                                                                                                                                                                                                                                                                                                                                           |                  |
| <b>Protein</b> 4g                                     |                      |                                                                                                                                                                                                                                                                                                                                                                                                                           |                  |
| Vitamin A 10%                                         | •                    | Vitamin C 0%                                                                                                                                                                                                                                                                                                                                                                                                              |                  |
| Calcium 6%                                            | •                    | Iron 15%                                                                                                                                                                                                                                                                                                                                                                                                                  |                  |
| Thiamin 10%                                           | •                    | Riboflavin 10%                                                                                                                                                                                                                                                                                                                                                                                                            |                  |
| Niacin 10%                                            | •                    | Vitamin B <sub>6</sub> 10%                                                                                                                                                                                                                                                                                                                                                                                                |                  |
| Vitamin B <sub>12</sub> 10%                           | •                    | Phosphorus 25%                                                                                                                                                                                                                                                                                                                                                                                                            |                  |
|                                                       |                      | <b>Ingredients:</b> Whole wheat flour, water, sugar, vegetable oil (soybean, palm, palm kernel, and/or canola oil), buttermilk, eggs, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), fructose, salt, corn cereal, rice flour, yellow corn flour, cornstarch, natural and artificial flavors, corn syrup, caramel color, malt extract, corn syrup solids, soy lecithin. |                  |
|                                                       |                      | <b>Vitamins and Minerals:</b> Vitamin A palmitate, reduced iron, niacinamide, vitamin B <sub>12</sub> , vitamin B <sub>6</sub> (pyridoxine hydrochloride), vitamin B <sub>1</sub> (thiamin hydrochloride), vitamin B <sub>2</sub> (riboflavin).                                                                                                                                                                           |                  |
| <b>CONTAINS WHEAT, MILK, EGG AND SOY INGREDIENTS.</b> |                      |                                                                                                                                                                                                                                                                                                                                                                                                                           |                  |

NLI#09660