

# Banana Oatmeal Chocolate Chip Pancake

## Nutrition Facts

1 servings per container

**Serving size**

**1 Container**

**Amount Per Serving**

**Calories**

**690**

**% Daily Value\***

**Total Fat** 26g **33%**

Saturated Fat 4.98g **25%**

*Trans* Fat 0.12g

**Cholesterol** 290mg **97%**

**Sodium** 490mg **21%**

**Total Carbohydrate** 120g **44%**

Dietary Fiber 10g **36%**

Total Sugars 61g

Includes 26g Added Sugars **52%**

**Protein** 22g **44%**

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.