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Pancakes

Ingredients:

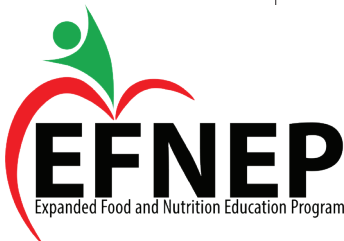
- 2 cups flour
- 4 teaspoons baking powder
- ½ teaspoon salt
- 1 Tablespoons sugar
- 2 Tablespoons oil
- 1 egg
- 1½ cups 1% milk
- vegetable oil spray

Makes 5 serving - 24% calories from fat

Instructions:

1. Combine flour, baking powder, salt and sugar.
2. Add oil, egg and milk to flour mixture and stir until mixed.
3. Pour about 1/3 cup of batter (per pancake) onto heated pan that has been prepared with vegetable oil spray.
4. Cook pancakes, without turning, until top is covered with bubbles.
5. Turn pancakes and brown the other side. Serve hot.

Nutrition Facts	
Serving Size 2 Pancakes	
Servings Per Container 5	
Amount Per Serving	
Calories 300	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 730mg	30%
Total Carbohydrate 47g	16%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 9g	
Vitamin A 4%	• Vitamin C 0%
Calcium 20%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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