



OPTAVIA.

Golden Chocolate Chip Pancakes

Naturally Flavored

77840

Nutrition Facts

Serving Size 1 packet (31g)

Servings Per Container 7

Amount Per Serving

Calories 110 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 240mg **10%**

Potassium 410mg **12%**

Total Carbohydrate 14g **5%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 11g **22%**

Vitamin A 20% • Vitamin C 20%

Calcium 20% • Iron 25%

Vitamin D 50% • Vitamin E 20%

Vitamin K 20% • Thiamin 20%

Riboflavin 25% • Niacin 20%

Vitamin B6 20% • Folate 20%

Vitamin B12 20% • Biotin 20%

Pantothenic Acid 20% • Phosphorus 20%

Iodine 20% • Magnesium 20%

Zinc 20% • Selenium 20%

Copper 25% • Manganese 20%

Chromium 20% • Molybdenum 20%

*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
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Soy protein isolate, rice flour, whey protein concentrate, semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), egg whites, dextrin, oat fiber, dried apples, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), maltodextrin, salt, guar gum, xanthan gum, soy lecithin, whey solids, enzyme modified butter, nonfat milk, stevia extract, modified corn starch, dehydrated butter, natural flavor, Bacillus coagulans GBI-30 6086.

Vitamins and Minerals: Potassium chloride, calcium carbonate, potassium phosphate, magnesium oxide, ascorbic acid (vitamin C), niacinamide (vitamin B3), ferric orthophosphate (iron), zinc oxide, calcium pantothenate (pantothenic acid), vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), copper sulfate, manganese sulfate, riboflavin (vitamin B2), thiamine mononitrate (vitamin B1), folic acid, biotin, potassium iodide, chromium chloride, phytonadione (vitamin K), sodium molybdate, sodium selenite, vitamin E acetate, cholecalciferol (vitamin D3), cyanocobalamin (vitamin B12).

CONTAINS: MILK, SOY, AND EGG.

Product information may change over time. Therefore, the ingredient label on the package is always the best source for that specific item.