

Nutritional Information for SYRUP PANCK CUP 200-1.5Z GFS

Product Number:	160090
Description:	AP Syrup, Pancake, 1.5z GFS

Nutritional Information			
Serving Size 1 each (43 g)			
Amount Per Serving			
Calories 120		Calories from Fat 0	
% Daily Value			
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Trans Fat	0 g		
PolyUnSat	0 g	n/a	
MonoUnSat	0 g	n/a	
Cholesterol	0 mg	0%	
Sodium	0 mg	0%	
Potassium	0 mg	0%	
Total Carbs	31 g	10%	
Dietary Fiber	0 g	0%	
Sugars	23 g	n/a	
Protein	0 g	0%	
Vitamin A -	0%	Vitamin C -	0%
Calcium -	0%	Iron -	0%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

School Equivalents		Fat Soluble Vitamins	
		Vitamin D	n/a
Meat/Meat Alternative	n/a	Vitamin D	n/a
Fruit/Vegetables	n/a	Vitamin E	n/a
Grain/Bread	n/a	Vitamin K	n/a
Child Nutrition Label	No	Vitamin A	0 IU
		Vitamin A	n/a

Water Soluble Vitamins		Minerals	
Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	0 mg
Vitamin C	0 mg	Iron	0 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a