

Cycle 1

Blueberry Stuffed Pancake

Blueberry and cream cheese stuffed pancakes with pork sausage links and fresh blueberries



WIMS# 35055

Allergens: eggs,
milk, wheat



Blueberry Stuffed Pancake w/ Blueberries & Sausage	
Nutrition Facts	
1 servings per container	
Serving size	1 meal (234 g)
Amount per serving	
Calories	520
% Daily Value*	
Total Fat 33g	43%
Saturated Fat 14g	69%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 1380mg	60%
Total Carbohydrate 45g	16%
Dietary Fiber 2g	6%
Total Sugars 24g	
Protein 11g	
Vitamin D 0.00mcg	0%
Calcium 127mg	10%
Iron 0.7mg	5%
Potassium 236mg	6%

* 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.

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Note