

Cycle 3

Bananas Foster Stuffed Pancake

Baked pancake with bananas Foster filling, topped with fresh berries and served with chicken jalapeno sausage.



WIMS# 35066

Allergens: Egg, Milk, Soy, Wheat

Bananas Foster Stuffed Pancake

Nutrition Facts

1 servings per container

Serving size

1 meal (248 g)

Amount per serving

Calories

470

% Daily Value*

Total Fat 24g 30%

Saturated Fat 10g 51%

Trans Fat 0g

Cholesterol 125mg 42%

Sodium 1440mg 62%

Total Carbohydrate 48g 17%

Dietary Fiber 2g 8%

Total Sugars 24g

Protein 19g

Vitamin D 0.01mcg 0%

Calcium 166mg 15%

Iron 1.2mg 7%

Potassium 350mg 8%

* 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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