

Banana Oat Pancakes

Total ingredient (raw) weight: 450.00 g
 Total (cooked) weight: 450.00 g
 Weight change: 0.00 %

Nutrition Information		
Servings per package:	2.00	
Serving size:	225.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1570 kJ	698 kJ
Protein	13.7 g	6.1 g
Fat, total	8.9 g	4.0 g
- saturated	2.3 g	1.0 g
Carbohydrate	54.4 g	24.2 g
- sugars	22.0 g	9.8 g
Sodium	69 mg	31 mg

Ingredient name: Red Tractor rolled oats (C)

Amount: 90.00 g

Energy: 1590 kJ **Fat, total:** 9.0 g **Carbohydrate:** 55.1 g **Sodium:** 3 mg
Protein: 12.7 g **Fat saturated:** 1.6 g **Sugars:** 1.3 g

Ingredient name: Banana, cavendish, peeled, raw
06D10443

Amount: 240.00 g

Energy: 398 kJ **Fat, total:** 0.3 g **Carbohydrate:** 19.6 g **Sodium:** 0 mg
Protein: 1.4 g **Fat saturated:** 0.0 g **Sugars:** 12.8 g

Ingredient name: Egg, chicken, whole, raw
03A10044

Amount: 100.00 g

Energy: 553 kJ **Fat, total:** 9.0 g **Carbohydrate:** 0.3 g **Sodium:** 134 mg
Protein: 12.7 g **Fat saturated:** 3.1 g **Sugars:** 0.3 g

Ingredient name: Syrup, maple, pure
12A10053

Amount: 15.04 ml **Specific gravity:** 1.33

Energy: 1019 kJ **Fat, total:** 0.2 g **Carbohydrate:** 59.5 g **Sodium:** 9 mg
Protein: 0.0 g **Fat saturated:** 0.0 g **Sugars:** 59.5 g

NOTE: All nutrient values shown above for these ingredients are per 100g EP

Working values may differ from final NIP due to rounding.

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