

Arlo's Pancake Platter

Nutrition Facts	
1 serving per container	
Serving size	(0.0g)
Amount Per Serving	
Calories	960
% Daily Value*	
Total Fat 37g	47%
Saturated Fat 14g	70%
<i>Trans Fat</i> 0g	
Cholesterol 115mg	38%
Sodium 460mg	20%
Total Carbohydrate 170g	62%
Dietary Fiber 71g	254%
Total Sugars 39g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0.6mcg	4%
Calcium 1980mg	150%
Iron 46.8mg	260%
Potassium 3490mg	70%
<small>* 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.</small>	

INGREDIENTS: ROSEMARY, WATER, QUICK ROLLED OATS, MAPLE SYRUP, BANANAS, GROUND TURKEY, EGGS, RED PEPPERS, OLIVE OIL, ONION, OAT FLOUR, BAKING POWDER, GARLIC POWDER, CINNAMON, ONION POWDER, RED PEPPER FLAKES, FENNEL, THYME, SAGE

CONTAINS: EGG

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

Arlo's Pancake Platter with out Sausage

Nutrition Facts	
1 serving per container	
Serving size	(0.0g)
Amount Per Serving	
Calories	420
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 95mg	32%
Sodium 360mg	16%
Total Carbohydrate 71g	26%
Dietary Fiber 6g	21%
Total Sugars 34g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0.6mcg	4%
Calcium 50mg	4%
Iron 2.3mg	15%
Potassium 1940mg	40%
<small>* 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.</small>	

INGREDIENTS: WATER, QUICK ROLLED OATS, MAPLE SYRUP, BANANAS, EGGS, OLIVE OIL, BAKING POWDER, CINNAMON

CONTAINS: EGG

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

Arlo's Choc Chip Pumpkin Pancake Platter with out Sausage

Nutrition Facts

1 serving per container

Serving size (0.0g)

Amount Per Serving

Calories **490**

% Daily Value*

Total Fat 17g **22%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 95mg **32%**

Sodium 360mg **16%**

Total Carbohydrate 81g **29%**

Dietary Fiber 8g **29%**

Total Sugars 38g

Includes 0g Added Sugars **0%**

Protein 10g

Vitamin D 0.6mcg 4%

Calcium 70mg 6%

Iron 3.3mg 20%

Potassium 2030mg 45%

* 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.

INGREDIENTS: WATER, QUICK ROLLED OATS, MAPLE SYRUP, BANANAS, EGGS, OLIVE OIL, COCOA, HONEY, COCONUT OIL, BAKING POWDER, CORN STARCH, PUMPKIN PIE SPICE, CINNAMON

CONTAINS: EGG

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

Arlo's Choc Chip Pancake Platter

Nutrition Facts

1 serving per container

Serving size (0.0g)

Amount Per Serving

Calories **490**

% Daily Value*

Total Fat 15g **19%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 110mg **37%**

Sodium 380mg **17%**

Total Carbohydrate 76g **28%**

Dietary Fiber 6g **21%**

Total Sugars 36g

Includes 0g Added Sugars **0%**

Protein 14g

Vitamin D 0.6mcg 4%

Calcium 60mg 4%

Iron 6.1mg 35%

Potassium 2250mg 50%

* 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.

INGREDIENTS: WATER, QUICK ROLLED OATS, MAPLE SYRUP, EGGS, GROUND TURKEY, BANANAS, RED PEPPERS, COCOA, HONEY, OLIVE OIL, COCONUT OIL, ONION, OAT FLOUR, BAKING POWDER, CORN STARCH, GARLIC POWDER, CINNAMON, ONION POWDER, FENNEL, RED PEPPER FLAKES, ROSEMARY, THYME, SAGE

CONTAINS: EGG

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104