

TRIPLE CHOCOLATE PROTEIN PANCAKES

NUTRITION

USING 1% CHOCOLATE MILK

CALORIES 260
PROTEIN 9 G
TOTAL CARBOHYDRATE 38 G
FIBER 1.7 G
TOTAL FAT 8 G
SAT. FAT 4.5 G
SODIUM 510 MG
CALCIUM 485 MG
POTASSIUM 105 MG

USING WHOLE CHOCOLATE MILK

CALORIES 275
PROTEIN 9 G
TOTAL CARBOHYDRATE 39 G
FIBER 1.7 G
TOTAL FAT 10 G
SAT. FAT 5.5 G
SODIUM 500 MG
CALCIUM 480 MG
POTASSIUM 209 MG

