

CN WG Twin Pack Pancakes with Glaze

Code:	7019
Case Pack:	80/3 oz. Twin packs
Net Weight:	15 lbs.
Storage:	Frozen
Servings per Case:	80



Serving Suggestions:

The suggested serving size is 2 Pancakes.

Preparation Instructions:

Frozen: Conventional Oven: 350-400°, place on sheet, cover, 8 minutes or until hot.

Frozen: Convection Oven: 350-375°, place on sheet, cover, 5 minutes or until hot.

Frozen: Microwave Oven: Heat on high for 80-90 seconds, turn over after 40-45 seconds

Thawed: Conventional Oven: 350-400°, place on sheet, cover, 5 minutes or until hot.

Thawed: Convection Oven: 350-375°, place on sheet, cover, 3 minutes or until hot.

Thawed: Microwave Oven: Heat on high for 45-60 seconds

Ingredients: Flour blend (Whole wheat flour, enriched wheat flour - unbleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, dextrose, buttermilk, soybean oil, whole eggs, palm oil, baking powder, salt, soy lecithin, natural and artificial flavors, ground cinnamon, beta carotene, TBHQ, citric acid.

Child Nutrition Information:

Each 3 oz. serving provides 2 grain credits.

Nutrition Facts

Serving Size: 1 Twin Pack 3 oz.

Serving Per Container: 80

Amount Per Serving

Calories 210	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 270mg	11%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Allergens: Wheat, soy, egg, milk