

CN Whole Wheat WG Blueberry Mini Pancakes



Code:	7139
Case Pack:	70/3.1 oz. Pouches
Net Weight:	13.562 lbs.
Storage:	Frozen
Servings per Case:	70

Serving Suggestions:

The suggested serving size is 8 Mini 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 - wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, buttermilk, blueberry nuggets (sugar, puree, natural and artificial flavors, fruit and vegetable juice (for color), soy lecithin, sodium citrate), sugar, dextrose, soybean oil, baking powder, whole eggs, salt.

Nutrition Facts

Serving Size: 8 Mini Pancakes (88g)
Serving Per Container: 70

Amount Per Serving	
Calories 200	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 330mg	14%
Total Carbohydrate 36g	12%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 8%

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

Child Nutrition Information:

Each serving provides 2.25 grain credits.

Allergens: Wheat, Soy, Egg, Milk