

# Pancakes

## Nutrition Facts

Serv. Size 3 pancakes (110g)

Servings 1

Calories 270

Calories from Fat 40

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

Amount / serving	%Daily Value*	Amount / serving	%Daily Value*
<b>Total Fat</b> 4.5g	7%	<b>Total Carb</b> 60g	20%
Saturated Fat 0g	0%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 7g	
<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 1g	
<b>Sodium</b> 350mg	15%		

Vitamin A 15% • Vitamin C 15% • Calcium 50% • Iron 10%



Celiac Sprue Association®

Made in a GF Facility  
in Ellicott City, MD

Made in the USA

BPA Free Container

**INGREDIENTS:** WHITE RICE FLOUR, POTATO STARCH FLOUR, TAPIOCA FLOUR, MALTODEXTRIN {FROM POTATOES}, NATURAL FLAVORS {NO MSG}, CRYSTALLINE FRUCTOSE, CALCIUM CARBONATE, COLORED WITH TITANIUM DIOXIDE {AN INERT MINERAL}, CARRAGEENAN, DICALCIUM PHOSPHATE, SALT, TRICALCIUM PHOSPHATE, POTASSIUM CITRATE, LACTIC ACID (NON-DAIRY SOURCE), VITAMIN C, VITAMIN E (SYNTHETIC), VITAMIN A, VITAMIN B3, VITAMIN D3, VITAMIN B6, VITAMIN B2, VITAMIN K1, VITAMIN B1, VITAMIN B12, BIOTIN, WATER, ORGANIC SUGAR, CANOLA OIL, LEAVENING: CALCIUM LACTATE (NON-DAIRY), CALCIUM CARBONATE, CELLULOSE GUM, CARBOHYDRATE GUM, ORGANIC VANILLA EXTRACT.

**Cooking Instructions:** **Keep frozen until ready for use.** Microwave: Place frozen pancakes on microwave safe plate or remove packaging and lid and leave in container. Microwave on High for 45 seconds. Flip pancakes and continue to cook for an additional 40 seconds. Conventional Oven: Preheat oven to 325°. Remove packaging and lid. Place container of frozen pancakes on baking sheet. Bake for 8 minutes.

Distributed by:

One Dish Cuisine

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(Taylor Village Center)

Ellicott City, MD 21043

[www.onedishcuisine.com](http://www.onedishcuisine.com)

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Batch No:

Use By:

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