
KRUSTEAZ
Mini Chocolate Chip Pancakes
READY TO HEAT IN OVENABLE POUCH!
DIRECTIONS FOR HEATING
Keep frozen until ready to use
CONVECTION OVEN:
Preheat oven to 350°F. Place pouches in a single layer on baking sheet. Heat for 5 to 6 minutes.
CONVENTIONAL OVEN:
Preheat oven to 350°F. Place pouches in a single layer on baking sheet. Heat for 6 to 7 minutes.
MICROWAVE OVEN:
Place pouch in oven. Heat for 30 seconds on full power (HIGH).
Note: Microwave ovens may vary so adjust heating accordingly
Nutrition Facts
Serving Size 9 Pancakes (90g)
Servings Per Container: 1
Calories 230
Calories from Fat 60
Amount Per Serving
% Daily Value*
Total Fat 6g 9%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 15mg 5%
Sodium 400mg 17%
Total Carbohydrate 41g 14%
Dietary Fiber 5g 20%
Sugars 12g
Protein 4g
Vitamin A 0% • Vitamin C 0% • Calcium 8% • Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: WHOLE WHEAT FLOUR, WATER, SUGAR, SOYBEAN OIL, WHEY, SEMI SWEET CHOCOLATE CHIPS [SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOYA LECITHIN (EMULSIFIER), VANILLA EXTRACT], EGGS. CONTAINS TWO PERCENT OR LESS OF: LEAVENING (SODIUM BICARBONATE, SODIUM MONOCALCIUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), DEXTROSE, MONO-DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS, SALT, SOY LECITHIN (EMULSIFIER).
CONTAINS: EGGS, SOY, MILK AND WHEAT.
Ralcorp Frozen Bakery Products, Inc
3250 Lacey Rd - 6th Floor
Downers Grove, IL 60515 ©2010
888-371-9200
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WHOLE GRAIN
16g or more per serving
WholeGrainsCouncil.org

Chocolate Chip Mini Pancakes

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