

# 162314 - Blueberry Pancakes



Welcome to Brinkley's Foods – your go-to for pure, wholesome food that's both quick and convenient. The Good Flippin' Pancake, introduced in 2021, is remarkably crispy on the outside and unbelievably fluffy on the inside. These frozen pancakes defy conventional expectations with their simplicity and wholesomeness. Made from just four ingredients - bananas, oats, cinnamon, and a...



### MARKETING

A 4-ingredient, frozen pancake made with organic bananas, oats, and spices. All you have to do is toast'em, stack'em, and eat'em! Each package comes with 8 pancakes.

### PRODUCT SPECIFICATIONS

Code		GTIN		Pack Description			
BFBP01		00198715778434		6/13.5 OZ			
Brand		Brand Owner		GPC Description			
Brinkley's Foods		Brinkleys Foods		Bread (Frozen)			
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition		
5.75 LBR	5.5 LBR	No	United States	Undeclared	No		
Shipping							
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To	
12.375 INH	8.625 INH	4.5 INH	0.28 FTQ	15x08	78 Days	-5 FAH / -2.5 FAH	
Traceability Regulation							
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors				
N/A	N/A	N/A	N/A				

### HANDLING SUGGESTIONS

Store sealed and in freezer. ---UNIT UPC: 196852162314---

### ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Eggs - N
- Soybean - N
- Wheat - MC
- Sesame - N
- Molluscs - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - N
- Crustaceans - N

## Nutrition Facts

4 Servings per container	
<b>Serving Size</b>	<b>2 Pancakes</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>160</b>
% Daily Value*	
<b>Total Fat</b> 2 g	<b>3%</b>
Saturated Fat 0 g	<b>3%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 75 mg	<b>3%</b>
<b>Total Carbohydrates</b> 32 g	<b>12%</b>
Dietary Fiber 5 g	<b>18%</b>
Total Sugars 8 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 5 g	
Vitamin D 0 mcg	0%
Calcium 20 mg	2%
Iron 1.5 mg	8%
Potassium 310 mg	6%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### INGREDIENTS

Organic bananas, organic oats, organic blueberries, organic cinnamon, sea salt

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### PREPARATION & COOKING SUGGESTIONS

Toast for 5-7 minutes or until crispy on the outside.

### SERVING SUGGESTIONS

Frozen breakfast pancakes, warm up and serve with favorite toppings.

### MORE INFORMATION