

# 55523 - Oatcakes

Effie's Oatcakes is a 4th generation family recipe with origins in Cape Breton, Nova Scotia. Crisp, lightly sweetened, with a nutty flavor, Oatcakes are a perfect snack any time of the day. Inspired by regional recipes of the Americas - cornmeal flatbreads, corn pones, johnnycakes - Effie's Corncakes are crisp tea biscuits with a homey, toasted corn flavor, and a hint of anise....



### MARKETING

Effie's Oatcakes is a 4th generation family recipe with origins in Cape Breton, Nova Scotia. Crisp, lightly sweetened, with a nutty flavor, Oatcakes are a perfect snack any time of the day.

## Nutrition Facts

7 Servings per container	
<b>Serving Size</b>	<b>3 Pieces</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 7 g	<b>9%</b>
Saturated Fat 4 g	<b>20%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 15 mg	<b>5%</b>
<b>Sodium</b> 90 mg	<b>4%</b>
<b>Total Carbohydrates</b> 17 g	<b>6%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 5 g	
Includes 5 g Added Sugars	<b>%</b>

<b>Protein</b> 2 g	
Vitamin D 0 mcg	0%
Calcium 7 mg	0%
Iron 0 mg	0%
Potassium 36 mg	0%

\* 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.

### PRODUCT SPECIFICATIONS

Code		GTIN		Pack Description			
55523		10891077002007		12/7.2 OZ			
Brand		Brand Owner		GPC Description			
Effie's Homemade		Effie's Homemade LLC		Snacks Other			
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition		
7.1 LBR	5.4 LBR	No	United States	Undeclared	No		
Shipping							
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To	
11 INH	8 INH	9 INH	0.46 FTQ	20x06	349 Days	60 FAH / 77 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

Ambient---UNIT UPC: 891077002000---

### ALLERGENS

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

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

### INGREDIENTS

WHEAT FLOUR, OATS, BUTTER, CANE SUGAR, ORGANIC PALM OIL, WATER, KOSHER SALT, BAKING SODA.

## 55523 - Oatcakes

Effie's Oatcakes is a 4th generation family recipe with origins in Cape Breton, Nova Scotia. Crisp, lightly sweetened, with a nutty flavor, Oatcakes are a perfect snack any time of the day. Inspired by regional recipes of the Americas - cornmeal flatbreads, corn pones, johnnycakes - Effie's Corncakes are crisp tea biscuits with a homey, toasted corn flavor, and a hint of anise....



### PREPARATION & COOKING SUGGESTIONS

Open and enjoy. Pair with sharp cheddar, blue cheese, jam, nut butters, or a cup of tea

### SERVING SUGGESTIONS

These lightly sweet, classic tea biscuits are unlike any you've tasted. A fourth generation family recipe, our original Oatcakes are crisp and buttery with layers of toasted oats and a hint of salt. Enjoy Oatcakes on their own or pair them with your favorite jam, nut butter, or virtually any cheese—from blue to brie. Inspired by regional recipes of the Americas - cornmeal flatbreads, corn pones, johnnycakes - Effie's Corncakes are crisp tea biscuits with a homey, toasted corn flavor, and a hint of anise. The first bite of an Effie's biscuit is a moment of pure delight. Lightly sweet with a bright finish of salt, they're more refined than a cookie, more dynamic than a cracker. Savor on their own or as a perfect companion for tea, coffee or a world of cheese. Either way, Effie's Homemade honors a rich, farmhouse tradition and continues the spirit of sharing simple pleasures.

### MORE INFORMATION