

Van's

100540 - Van's Frozen Pancake Gluten Free Original 12ct/12.3oz

We left out all the gluten, dairy and eggs in these pancakes but kept in the good-for-you whole grains and delicious taste. With 3g protein and 180 calories per serving, our Gluten Free Original pancakes are a sure way to start your day right!



MARKETING

Gluten free. No high fructose corn syrup. No artificial flavors, colors or preservatives.

Nutrition Facts

4.0 Servings per container	
Serving Size	2 PANCAKES
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 3.5 g	4%
Saturated Fat 0 g	2%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 240 mg	11%
Total Carbohydrates 36 g	13%
Dietary Fiber 1 g	4%
Total Sugars 3 g	
Includes 2 g Added Sugars	5%

Protein 2 g	
Vitamin D 0 mcg	
Calcium 20 mg	
Iron 0.6 mg	
Potassium 70 mg	

* 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	Dist Prod Code	GTIN	Calculated Pack
60604	100540	10089947606046	12 x 8 CT

Brand	Brand Owner	GPC Description
Van's	SARA LEE FROZEN BAKERY	Cakes - Sweet (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.88 LBR	9.225 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.56 INH	9.94 INH	10.75 INH	0.96 FTQ	12x8	365 Days	0.0 FAH / 27.0 FAH

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - 30

Eggs - 30

Soy - C

Wheat - N

Sesame - 30
- Peanuts - 30

Tree Nuts - 30

Fish - 30

Shellfish - 30

SERVING SUGGESTIONS

2 Pancakes (87g)

INGREDIENTS

GLUTEN FREE BLEND (BROWN RICE FLOUR, POTATO STARCH, TAPIOCA STARCH, RICE FLOUR), WATER, CANE SUGAR, EXPELLER PRESSED CANOLA OIL, CONTAINS 2% OR LESS: BAKING POWDER (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SOY LECITHIN, MOLASSES, GUAR GUM.

HANDLING SUGGESTIONS

Keep Frozen

PREPARATION & COOKING SUGGESTIONS

Keep frozen until ready to use. Do not refreeze thawed product. The following directions were developed using an 1100 watt microwave oven. Due to differences in microwave ovens, heating times may vary. MICROWAVE: 1. Place 2 pancakes on a lightly greased microwave-safe plate. 2. Microwave on HIGH: 2 pancakes: 50-60 seconds 1 pancake: 30-40 seconds 3. Let stand 1 minute before serving. CAUTION: PRODUCT WILL BE HOT. An adult should supervise heating by children.

MORE INFORMATION

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NUTRITIONAL ANALYSIS



Calories	180	Total Fat	3.5 g	Sodium	240 mg
Protein	2 g	Trans Fat	0 g	Calcium	20 mg
Total Carbohydrates	36 g	Saturated Fat	0 g	Iron	0.6 mg
Sugars	3 g	Added Sugars	2 g	Potassium	70 mg
Dietary Fiber	1 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)		Vitamin D	0 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS



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