

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 200 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 Size2 PANCAKES (87g)

Amount Per Serving

Calories200

% Daily Value*

Total Fat 45%

Saturated Fat 0 g2%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 260 mg11%

Total Carbohydrates 38 g14%

Dietary Fiber 2 g7%

Total Sugars 3 g

Includes 3 g Added Sugars6%

Protein 3 g

Vitamin D 0 mcg0%

Calcium 25 mg0%

Iron 1 mg6%

Potassium 120 mg2%

* 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
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
TRACEABILITY_REGULATION	FSMA204	NOT_APPLICABLE	NOT_COVERED_BY_FTL			

HANDLING SUGGESTIONS

Keep Frozen

- 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

Soybean - C

Wheat - N

Sesame - 30

Oats - 30

Seed Products - 30

Peanuts - 30

Tree - 30

Fish - 30

Shellfish - 30

Crustaceans - 30

Corn - 30

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.

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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.

SERVING SUGGESTIONS

2 Pancakes (87g)

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	200	Total Fat	4	Sodium	260 mg
Protein	3 g	Trans Fat	0 g	Calcium	25 mg
Total Carbohydrates	38 g	Saturated Fat	0 g	Iron	1 mg
Sugars	3 g	Added Sugars	3 g	Potassium	120 mg
Dietary Fiber	2 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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