

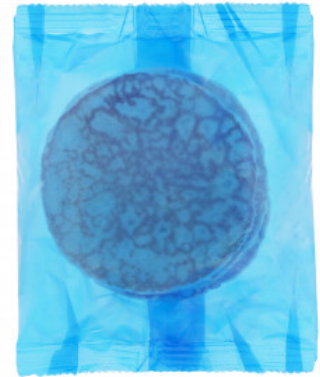
# Vegan Amer Style Pancakes 40g (1 x 120)

Vegan Amer Style Pancakes 40g (1 X 120)

## PRODUCT DESCRIPTION

American-style pancake made to a vegan recipe, with a "fluffy" sponge texture and light vanilla flavour. Packed 24 x 5. Suitable for vegetarians and vegans. Defrosted shelf-life = 2 days. (1 x 120)

<b>Brand</b>	Central Foods Group Limited
<b>Manufacturer Product Code</b>	CC11628
<b>Product Type</b>	Food
<b>Product Category</b>	Bakery - General
<b>Storage Type</b>	Frozen
<b>Erudus ID</b>	dc643a4b50e346bd8df321512223b821
<b>Specification Type</b>	Legacy



**Outer Case GTIN** 5060044761973



## INGREDIENTS

### Ingredient Declaration

Water, Fortified **WHEAT** Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable Oil (Rapeseed), Cornflour, Raising Agents (E450i, E500), **WHEAT** Starch, Sea Salt, Flavouring.

## ALLERGENS

Product Contains:

<b>Celery/Celeriac</b>	No	<b>Mustard</b>	No
<b>Cereals Containing Gluten</b>	Yes	<b>Nuts (Tree)</b>	No
<b>Barley</b>	No	<b>Almond nuts</b>	No
<b>Oats</b>	No	<b>Brazil nuts</b>	No
<b>Rye</b>	No	<b>Cashew nuts</b>	No
<b>Wheat (including Spelt and Khorasan)</b>	Yes	<b>Hazelnuts</b>	No
<b>Gluten content &lt;20ppm</b>	No	<b>Macadamia (Queensland) nuts</b>	No
<b>Crustacea</b>	No	<b>Pecan nuts</b>	No
<b>Eggs</b>	May Contain	<b>Pistachio nuts</b>	No
<b>Fish</b>	No	<b>Walnuts</b>	No
<b>Lupin</b>	No	<b>Peanuts</b>	No
<b>Milk</b>	May Contain	<b>Sesame Seeds</b>	No
<b>Molluscs</b>	No	<b>Soybeans</b>	No
		<b>Sulphur Dioxide and Sulphites</b>	No

Risk Source:

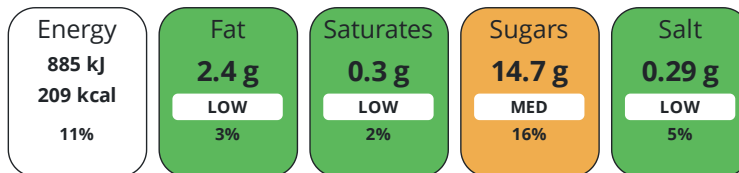
### Additional Allergen Information

For allergens, including cereals containing gluten, see ingredients in CAPITALS

## DIET SUITABILITY

<b>Suitable for Coeliacs</b>	No	<b>Halal Diet</b>	No
<b>Kosher Diet</b>	No	<b>Vegetarian Diet</b>	Suitable for
<b>Vegan Diet</b>	Suitable for		

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 209kcal / 885kJ

Nutrient	per 100g/ml	RI per 100g/ml	per 40g/ml serving	RI per 40g/ml serving
Energy (kJ)	885 kJ	11%	354 kJ	4%
Energy (kcal)	209 kcal	10%	83.6 kcal	4%
Fat	2.4 g	3%	1 g	1%
of which Saturates	0.3 g	2%	0.1 g	1%
Carbohydrate	42 g	16%	16.8 g	6%
of which Sugars	14.7 g	16%	5.9 g	7%
Fibre	1.4 g		0.6 g	
Protein	4.1 g	8%	1.6 g	3%
Salt	0.29 g	5%	0.1 g	2%
Sodium	116 mg		46.4 mg	
Serving Size	40 g			

**Directions For Use**

From Frozen unless otherwise stated Microwave: From defrost for approximately 10 seconds per pancake (1600W). Oven: From defrost preheat oven 180°C/Fan 160°C/Gas Mark 4, place on a baking tray, heat for 5 mins. For best results, reheat from defrost. Defrost individual packs in the refrigerator for 8 hours. Once defrosted keep in the refrigerator and use within 48 hours. Do not refreeze once defrosted.

**Storage Instructions**

Keep Frozen. Store at -18°C or below

**Product Country of Origin/Place of** United Kingdom

**Provenance**

**Additional Origin Details**

United Kingdom

CONTACT  
INFORMATION

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