

### Effie's Homemade 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.



		<b>Nutrition Facts</b>				
e e e e e e e e e e e e e e e e e e e	Servings per Container 7 Serving size 3pcs (3EA)					
BIS	TCAKE	Amount per serving Calories	140			
	% Daily Value*					
	Research and a second and a s					
		Saturated Fat 4g	20%			
	Trans Fat 0g					
	Cholesterol 15mg	5%				
<b>★</b> Benefits		Sodium 90mg	4%			
- Effie's Oatcakes is a 4th generation family recipe with origins i	Total Carbohydrate 17g	6%				
nutty flavor, Oatcakes are a perfect snack any time of the day flatbreads, corn pones, johnnycakes - Effie's Corncakes are cri	Dietary Fiber 1g	4%				
of anise. The first bite of an Effies biscuit is a moment of pure refined than a cookie, more dynamic than a cracker. Savor on world of cheese. Either way. Effies Homemade honors a rich,	Total Sugars 5g					
simple pleasures.	anniouse datation and continues the spirit of sharing	Includes 5g Added Sugar	%			
Ingredients	Allergens	Protein 2g				
		Vitamin D 0mcg	0%			
WHEAT FLOUR, OATS, BUTTER,	Contains:	Calcium 7mg	0%			
CANE SUGAR, ORGANIC PALM	(A) milk () wheat	Iron Omg	0%			
OIL, WATER, KOSHER SALT, BAKING SODA.	Free From:	Potassium 36mg	0%			
	(Sp) crustaceans (C) eggs (C) fish (S) peanuts		070			
	So sesame So soy the nuts	* The % Daily Value (DV) tells you how much a nutrient a serving of food contributes to a daily diet. 2,000 calc a day is used for general nutrition advice.				

Handling Suggestions

Ambient UNIT UPC: 891077002000

### Serving Suggestions

These lightly sweet, classic tea biscuits are unlike any youve tasted. A fourth generation family recipe, our original Oatcakes are crisp and buttery with layers of toasted oats and a hint of salt Ergloy Oatcakes on their own or pair them with your Avorite Jam, nut butter, or wormaal fastbreads, come pote the same start of the same

## Prep & Cooking Suggestions

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

# Product Specifications

Brand				Manufacturer						
Effie's Homemade				Effies Homemade LLC						
UI	PC	MFG #	S	PC #		GTIN	l		ck	Pack Desc.
891077	002000	55523	5	5523	1089	9107700	2007	07		12/7.2 OZ
Gross V	Veight	Net Weight Coun		ntry of	y of Origin Kosh		ner Child Nutrition			
7.5	lb	7lb		U	nited St	ited States		o		
Shipping Information										
Length	Width	Height	Volu	ume	TIxHI	Shelf L	ife S	Storage Temp From/To		
11in	8in	9in	0.4	6ft3	20x6	270da	ys	60°F / 77°F		





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Nutrition Analysis - By Measure

Calories	140	Total Fat	7g	Sodium	90mg
Protein	2	Trans Fats	Og	Calcium	7mg
Total Carbohydrates…	17g	Saturated Fat	4g	Iron	0mg
Sugars	5g	Added Sugars	5g	Potassium	36mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	15mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

### Additional Images



