



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.



## Nutrition Facts

Servings per Container 7  
Serving size 3pcs (3EA)

Amount per serving  
**Calories 140**

	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 5g	
Includes 5g Added Sugar	<b>%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 7mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 36mg	<b>0%</b>

\* The % Daily Value (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.

### \* Benefits

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. 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.

### Ingredients

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

### Allergens

#### Contains:

milk wheat

#### Free From:

crustaceans eggs fish peanuts  
 sesame soy tree nuts

### Handling Suggestions

Ambient UNIT UPC: 891077002000

### Product Specifications

Brand	Manufacturer
Effie's Homemade	Effies Homemade LLC

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
891077002000	55523	55523	10891077002007		12/7.2 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
7.5lb	7lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
11in	8in	9in	0.46ft3	20x6	270days	60°F / 77°F

### 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.

### Prep & Cooking Suggestions

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



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## Nutrition Analysis - By Measure

Calories	140	Total Fat	7g	Sodium	90mg
Protein	2	Trans Fats	0g	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(U)		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

