



PILLSBURY

216499 - T/O Pancake Mini Chocolate Chip I/W Wg

Pillsbury(TM) whole grain-rich frozen mini pancakes in individually wrapped ovenable packages. Chocolatey chips baked in for no-mess eating and 16 grams of whole grain per serving. For crediting in USDA Child Nutrition Programs: meets 2 ounce equivalent grain, whole grain-rich criteria, and is CACFP eligible. Options for Thaw & Serve or Heat & Serve.



Nutrition Facts

Servings per Container 72  
Serving size 1package(89g) (102.4g)

Amount per serving  
Calories 240

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 43g	16%
Dietary Fiber 3g	11%
Total Sugars 15g	
Includes 14g Added Sugar	28%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 70mg	5%
Iron 1.7mg	9%
Potassium 240mg	5%

\* 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

Ingredients

Water, Whole Wheat Flour, Enriched Flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), Sugar, Canola Oil. Contains less than 2% of: Leavening (potassium bicarbonate, sodium aluminum phosphate, baking soda, monocalcium phosphate), Nonfat Milk, Rice Syrup, Grape Juice, Modified Corn Starch, Maltodextrin, Salt, Wheat Flour, Cocoa Processed With Alkali, Wheat Starch, Dextrose, Egg White, Fructose, Natural Flavor, Cocoa Powder, Citric Acid.

Allergens

Contains:

eggs milk wheat

Handling Suggestions

Keep Frozen

Serving Suggestions

1 pouch

Prep & Cooking Suggestions

Microwave: Place one pouch in microwave and heat on HIGH for 40-50 seconds.  
LET STAND one minute before removing from microwave.  
CAUTION: Pouch and product can be very hot! Use caution when handling and eating.  
\* DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

Product Specifications

Brand	Manufacturer
PILLSBURY	GENERAL MILLS-FROZEN

MFG #	SPC #	GTIN	Pack	Pack Desc.
16049000	216499	10018000160492	72	72/3.17 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
16.5lb	14.3lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19.62in	11.75in	11in	1.47ft3	8x5	360DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	240	Total Fat	6g	Sodium	280mg
Protein	4	Trans Fats	0g	Calcium	70mg
Total Carbohydrates...	43g	Saturated Fat	0.5g	Iron	1.7mg
Sugars	15g	Added Sugars	14g	Potassium	240mg
Dietary Fiber	3g	Polyunsaturated Fat	1.5g	Zinc	0
Lactose		Monounsaturated Fat	4g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	60mg	Riboflavin	0.05mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

