

Pancakes

Zucchini Pancakes



Potato Pancakes

& Sweet Potato Pancakes

Just like homemade with fresh vegetables



Great buffet item



Good appetizer for restaurants and bars



Alternative to other potato side dishes



Kosher certified (U)

Please visit our website for more information, recipes and serving suggestions

www.oldfashionedkitchen.com

OFK Potato Pancakes

Pack size-12/24/1.33 oz.
1 00 41641-20302 0

OFK Sweet Potato Pancakes

Pack size-12/24/1.33 oz.
1 00 41641-20305 1

OFK Zucchini Pancakes

Pack size-12/24/1.33 oz.
1 00 41641-20307 5

Nutrition Facts	
Serving size 2 Pancakes (75g)	
Amount per serving	
Calories	150
% DV*	
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol <5mg	2%
Sodium 350mg	15%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vit. D 0mcg 0%	Calcium 10mg 0%
Iron 0.4mg 2%	Potas. 240mg 6%
*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.	

Nutrition Facts	
Serving size 2 Pancakes (75g)	
Amount per serving	
Calories	160
% DV*	
Total Fat 7g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	6%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	
Vit. D 0mcg 0%	Calcium 20mg 0%
Iron 0.5mg 2%	Potas. 220mg 4%
*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.	

Nutrition Facts	
Serving size 2 Pancakes (75g)	
Amount per serving	
Calories	120
% DV*	
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 15g	6%
Dietary Fiber 1g	4%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vit. D 0mcg 0%	Calcium 20mg 0%
Iron 0.5mg 2%	Potas. 220mg 4%
*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.	

Ingredients:

Potato Pancakes: Potatoes, Cracker Meal (Wheat Flour), Onions, Canola Oil, Water, Egg Whites, Whole Eggs, Salt, White Pepper.

Sweet Potato Pancakes: Sweet Potatoes, Cracker Meal (Wheat Flour), Water, Canola Oil, Pineapple, Egg Whites, Potato Starch, Salt, Cinnamon, Nutmeg.

Zucchini Pancakes: Zucchini, Cracker Meal (Wheat Flour), Canola Oil, Onions, Carrots, Egg Whites, Potato Starch, Salt, Garlic, Basil.

Allergen Information (all): Contains Wheat and Eggs

Preparation Directions:

Skillet: Heat frozen pancakes at MEDIUM setting (300° F) with a little oil or cooking spray for approximately 5 minutes on each side.

Conventional Oven: Preheat oven to 400° F. Place frozen pancakes on baking sheet or aluminum foil. Heat for 8-10 minutes on each side.

Air Fryer: Place frozen pancakes in the air fryer basket and spread in an even layer, do not overlap. Air fry at 390° F for 5 to 6 minutes.