



*Potato Pancakes*



*Zucchini 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)

## OFK Potato Pancakes

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

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

## OFK Sweet Potato Panckes

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

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

## OFK Zucchini Pancakes

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

Nutrition Facts	
Serving size	2 Pancakes (75g)
Amount per serving	
<b>Calories</b>	<b>120</b>
	% DV*
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vit. D 0mcg 0%	Calcium 20mg 0%
Iron 0.5mg 2%	Potas. 220mg 4%
<small>*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.</small>	

## INGREDIENTS

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

### Allergen Information:

Contains Wheat and Eggs

## DIRECTIONS

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

## INGREDIENTS

Sweet Potatoes, Cracker Meal (Wheat Flour), Egg Whites, Whole Egg, Canola Oil, Pineapple, Salt, Cinnamon, Nutmeg.

### Allergen Information:

Contains Wheat and Eggs

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

## INGREDIENTS

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

### Allergen Information:

Contains Wheat and Eggs

**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.