

THE ORIGINAL - BUCKWHEAT CRÊPE

INGREDIENTS

Water
Organic buckwheat flour
Sea salt
Sunflower oil

STORING

Keep frozen at -18°C: up to 12 months.
Keep refrigerated at 4°C: up to 6 days.

PACKAGING

Number of crêpes per bag: 6
Size: 10 inches / 25,4 cm
Net weight per package: 372 g

PREPARATION TIPS

Skillet: Place the crêpe cooked-side down in a preheated, buttered or oiled pan over medium heat. Add your favorite toppings, and let them cook for 1 to 2 minutes before folding and serving.

Microwave: place the crêpe on a plate and heat for 40 seconds, then add your favourite toppings.

What makes them stand out

- No preservatives, without compromises
- Time-saving in the kitchen
- Made in Québec
- Ideal format for restaurants, grocers, and caterers
- Convenient resealable packaging
- Crêpes that are sturdy, flexible, and delicious - that hold up beautifully!



Valeur nutritive Nutrition Facts

Pour 1 crêpe (85g)
Per 1 crêpe (85g)

	% valeur quotidienne*
Calories 120	% Daily Value*
Lipides/ Fat 1g	1%
Saturés / Saturated 0g	
+Trans / trans 0g	0%
Glucides/ Carbohydrate 23g	
Fibres / Fibers 2g	7%
Sucres / Sugars 0g	0%
Protéines / Proteins 4g	
Cholestérol / Cholesterol 0mg	
Sodium 0mg	0%
Potassium 150mg	3%
Calcium 0mg	0%
Fer / Iron 1mg	6%

*15% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**
less is a **little**, 15% or more is a **lot**

*15% or

CONTACT US!

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