

Waffles

Nutrition Facts

Serving Size 2 waffles (79.2g)

Servings Per Container 1

Amount Per Serving

Calories 180 **Calories From Fat** 36

		% Daily Value*
Total Fat	4g	6%
Saturated Fat	1g	5%
Trans Fat	<1 g	0%
Cholesterol	<1g	0%
Sodium	379mg	16%
Total Carbohydrate	32g	11%
Dietary Fiber	1g	5%
Sugars	4g	

Protein 4g

Vitamin A 17% ● Vitamin C 0%

Calcium 4% ● Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Ingredients: Waffles (Enriched Bleached Flour, Water, Whey, Soybean or Canola Oil, Sugar, Leavening, Salt, Soy Lecithin, Beta Carotene, Palmitate, Niacin, Vitamins B12 and B6, Riboflavin, Thiamin Hydrochloride, Reduced Iron, Folate).

Allergy Information: Milk, Wheat, Soybeans