

Whole Grain Belgian Waffle Sticks

Nutrition Facts

Serving Size 3 sticks (93g)

Servings Per Container 1

Amount Per Serving

Calories 210 **Calories From Fat** 27

		% Daily Value*
Total Fat	3g	5%
Saturated Fat	1g	4%
Trans Fat	<1 g	0%
Cholesterol	<1g	0%
Sodium	525mg	22%
Total Carbohydrate	42g	14%
Dietary Fiber	3g	12%
Sugars	12g	

Protein 4g

Vitamin A 0% ● Vitamin C 0%

Calcium 12% ● Iron 15%

*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: Whole Grain Waffle Sticks (Water, Whole Wheat Flour, Unbleached Enriched Flour, Sugar, Dried Whey, Baking Powder, Partially Hydrogenated Soybean Oil, Natural & Artificial Flavor, Dried Egg Whites, Mono & Diglycerides, Salt, Soy Flour).

Allergy Information: Milk, Eggs, Wheat, Soybeans