

Waffles

21D

# 2166550

# Nutrition Facts

Serving Size 2 waffles (72g)  
Servings per Container 72

Amount Per Serving

Calories	190	Calories from Fat	50
% Daily Value*			
<b>Total Fat</b>	6g		9%
Saturated Fat	1g		5%
Trans Fat	0g		
<b>Cholesterol</b>	less than 5mg		0%
<b>Sodium</b>	530mg		22%
<b>Total Carbohydrate</b>	31g		10%
Dietary Fiber	1g		4%
<b>Sugars</b>	4g		
<b>Protein</b>	4g		

Vitamin A	0%	Vitamin C	0%
Calcium	8%	Iron	45%
Thiamin	40%	Riboflavin	40%
Niacin	35%	Vitamin B6	50%
Folate	15%	Vitamin B12	35%
Phosphorus	25%		

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated 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

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** ENRICHED WHEAT FLOUR (FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, WHEY, SUGAR, LEAVENING (SODIUM ACID PHOSPHATE, SODIUM BICARBONATE). CONTAINS 2% OR LESS EGGS, CALCIUM CHLORIDE, SALT, CORN SYRUP SOLUBLE STARCH, COLORED WITH (YELLOW 5, YELLOW 6), FERROUS FERRIC OXIDE (REDUCED IRON, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], RIBOFLAVIN [VITAMIN B2], THIAMINE MONONITRATE [VITAMIN B1], CYANOCOBALAMIN [VITAMIN B12], NATURAL AND ARTIFICIAL FLAVOR (DEXTROSE, CORN STARCH, NATURAL AND ARTIFICIAL FLAVORS), SOY LECITHIN.

**CONTAINS: EGGS, MILK, WHEAT, SOY**