

Product Name	Maple Flavored Mini Waffle Bites
Flavor Descriptor	Naturally Flavored with Other Natural Flavors
NLI Description	Production
Brand	Eggo



Date Created	01/02/18
NLI #	14642
Kosher Status	OU-D
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	2
USDA Ounce Equivalents of Meat/Meat Alternate	
Whole Grains (g/serving)	33 g

Serving Size	1 Pouch			
Serving Size g	75			
Serving Size oz				
Amount Per Serving				
Calories	200			
			% Daily Value*	% Daily Value*
Total Fat	5 g		6 %	
Saturated Fat	1.5 g		8 %	
Trans Fat	0 g			
Polyunsaturated Fat				
Monounsaturated Fat				
Cholesterol	0 mg		0 %	
Sodium	220 mg		10 %	
Total Carbohydrate	35 g		13 %	
Dietary Fiber	4 g		13 %	
Soluble Fiber				
Insoluble Fiber				
Total Sugars	10 g			
Includes 10g Added Sugars	10 g		20 %	
Sugar Alcohol				
Protein	4 g			
Vitamin D	0 mcg		0 %	
Calcium	260 mg		20 %	
Iron	3.6 mg		20 %	
Potassium	150 mg		2 %	
Vitamin A			20 %	
Vitamin C			%	
Vitamin E			%	
Vitamin K			%	
Thiamin			%	
Riboflavin			%	
Niacin			15 %	
Vitamin B6			10 %	
Folate		mcg DFE	%	mcg DFE %
Folic Acid			%	
Vitamin B12			10 %	
Biotin			%	
Pantothenic Acid			%	
Phosphorus			20 %	
Iodine			%	
Magnesium			%	
Zinc			%	
Selenium			%	
Copper			%	
Manganese			%	
Chromium			%	
Molybdenum			%	
Chloride			%	
Choline			%	
Fluoride			%	

Ingredients:
Whole wheat flour, water, sugar, vegetable oil (soybean, palm and/or canola), **egg whites, contains 2% or less of** leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), molasses, soy lecithin, natural flavors, whey, salt.

Vitamins and Minerals: Calcium carbonate, vitamin A palmitate, reduced iron, vitamin B6 (pyridoxine hydrochloride), vitamin B12.

ALLERGEN INFORMATION:
CONTAINS WHEAT, EGG, SOY AND MILK INGREDIENTS.

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
00038000923166	Pouch	2.64 oz (75 g)	1
00038000923159	Case	72 - 2.64 oz (75 g)	72

Nutrient Contents Per 100g			
Calories	266	Vitamin E	0 mg
Total Fat	6.7 g	Vitamin K	NA mcg
Saturated Fat	1.9 g	Thiamin	NA mg
Trans Fat	0.1 g	Riboflavin	0.10 mg
Polyunsaturated Fat	2.0 g	Niacin (NE)	3.6 mg
Monounsaturated Fat	2.3 g	Vitamin B6	0.24 mg
Cholesterol	0 mg	Folate (DFE)	19 mcg
Sodium	295 mg	Folic Acid	0 mcg
Total Carbohydrate	46.9 g	Vitamin B12	0.4 mcg
Dietary Fiber	4.7 g	Biotin	NA mcg
Soluble Fiber	0.7 g	Pantothenic Acid	NA mg
Insoluble Fiber	0.7 g	Phosphorus	391 mg
Total Sugars	13.6 g	Iodine	NA mcg
Added Sugars	13.3 g	Magnesium	58 mg
Sugar Alcohols	NA g	Zinc	1.4 mg
Protein	5.5 g	Selenium	NA mcg
Vitamin D	0 mcg	Copper	NA mg
Calcium	347.4 mg	Manganese	NA mg
Iron	4.8 mg	Chromium	NA mcg
Potassium	205 mg	Molybdenum	NA mcg
Vitamin A (RAE)	250 mcg	Chloride	NA mg
Vitamin C	0 mg	Choline	NA mg
NA = Database values for the nutrient do not exist or are incomplete.		Fluoride	NA mg
		Moisture	37.5 %
		Ash	3.4 %
		Whole Grain	44.17 %

Product information can change at any time. Always refer to product package for current nutrition and ingredient information.

Julia Jursinic
 Julia M. Jursinic, MS
 Sr. Director, Nutrition Labeling & Regulatory Compliance
 Kellogg Company