

Mini Eggo Waffles

Nutrition Facts

Serving Size: Each

ALLERGENS

Eggs, Milk, Soy, Wheat

Amount Per Serving

Calories: 200

Calories from Fat: 45

Total Fat:	5.0g
Saturated Fat:	1.5g
Trans Fat:	0.00
Cholesterol:	0mg
Sodium:	220mg
Total Carbohydrate:	35.0g
Dietary Fiber:	4.0g
Protein:	4.0g

Vitamin A: 500RE

Vitamin C: .0mg

Calcium: 100.0mg

Iron: 2.7mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

Ingredients

Waffles, Mini Eggo, Maple (mfg label): WHOLE WHEAT FLOUR, WATER, SUGAR, EGG WHITES, VEGETABLE OIL (SOYBEAN, PALM, AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), MOLASSES, SOY LECITHIN, MALTODEXTRIN, NATURAL FLAVORS, WHEY, SALT, MODIFIED CORN STARCH. VITAMINS AND MINERALS: CALCIUM CARBONATE, VITAMIN A PALMITATE, REDUCED IRON, NIACINAMIDE, VITAMIN B12, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN). CONTAINS WHEAT, EGG, SOY, MILK [903303]