

Waffles

Nutrition Facts

Serving Size: 2 Each

ALLERGENS

Eggs, Milk, Soy, Wheat

Amount Per Serving

Calories: 160

Calories from Fat: 45

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|----------------------------|--------------|
| Total Fat: | 5.0g |
| Saturated Fat: | .0g |
| Trans Fat: | 0.00 |
| Cholesterol: | 0mg |
| Sodium: | 180mg |
| Total Carbohydrate: | 30.0g |
| Dietary Fiber: | .0g |
| Sugars: | 6.0g |
| Protein: | 4.0g |

Vitamin A: 0RE

Vitamin C: .0mg

Calcium: 40.0mg

Iron: .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, Maple WG (Bake Crafters) (mfg label): WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, MAPLEBIT (SUGAR, WHEAT FLOUR, DEXTROSE, SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVORS AND CARAMEL COLOR), SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: SOY LECITHIN, EGGS, WHEAT BRAN, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, NATURAL AND ARTIFICIAL FLAVORS, NONFAT DRY MILK, SALT, CORN STARCH, MONO CALCIUM PHOSPHATE. CONTAINS EGG, MILK, SOY, AND WHEAT INGREDIENTS. THIS PRODUCT IS PRODUCED IN A NUT-FREE FACILITY. [903672]