



18000-44326
Pillsbury® Mini Waffles Blueberry Bash
Naturally and Artificially Flavored
NET WT. 2.26 OZ (64g)

Ingredients:

WATER, WHOLE WHEAT FLOUR, SUGAR, SOYBEAN OIL, MALTODEXTRIN, EGGS, NONFAT MILK, SOY LECITHIN, CORN SYRUP, BAKING SODA, GROUND WHOLE GRAIN CORN, SODIUM ALUMINUM PHOSPHATE, SALT, PALM OIL, CALCIUM ACID PYROPHOSPHATE, POTASSIUM BICARBONATE, CORN STARCH, NATURAL AND ARTIFICIAL FLAVOR, DRIED BLUEBERRIES, COLOR ADDED, TRICALCIUM PHOSPHATE.

CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.

Nutrition Facts	
Serving Size 1 pouch (64g)	
Amount Per Serving	
Calories	190
Calories from Fat	50
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 200mg	8%
Total Carbohydrate 32g	11%
Dietary Fiber 2g	9%
Sugars 14g	
Protein 3g	
Calcium 2%	Iron 2%
Not a significant source of vitamin A and vitamin C.	
*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

Nutrition Information	
100g	
Amount Per Serving	
Calories	237.3
Calories from Fat	63.4
Total Fat	7.0 g
Saturated Fat	1.3 g
Trans Fat	0.1 g
Cholesterol	15.5 mg
Sodium	260.8 mg
Total Carbohydrate	41.6 g
Dietary Fiber	2.8 g
Sugars	17.7 g
Protein	4.2 g
Vitamin A	0.0 IU
Vitamin C	0.0 mg
Calcium	25.6 mg
Iron	0.5 mg

CHILD NUTRITION PROGRAM:1 POUCH=2 BREAD EQUIVALENTS

IMPORTANT: The Nutrition Facts values are accurate only if nothing has been added (e.g., egg wash, icing, etc.) If left blank, you must fill in the correct baked weight for serving size, servings per container, and net weight.

IMPORTANT: The Nutrition Information is given in unrounded figures so that it can be combined with other ingredients used in making up finished products.

The most accurate label information for package contents will always be on the product label. This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change.

QUESTIONS? Call 1-800-767-5404
GENERAL MILLS * P.O. Box 200 - FS * MINNEAPOLIS, MINNESOTA 55440

I certify that the information contained in this document is true and correct as of the date above. Seema Chopra - General Mills Product Labeling