

## Nutrition Facts

Serving Size: 2 waffles (70grams)  
 Servings per container: 60

Amount per Serving

Calories 151                      Calories from Fat 27

% Daily Value

|                    |          |     |
|--------------------|----------|-----|
| Total Fat          | 3g       | 7%  |
| Saturated Fat      | 0g       | 3%  |
| Trans Fat          | 0g       |     |
| Cholesterol        | < 5mg    | 0%  |
| Sodium             | 460mg    | 16% |
| Total Carbohydrate | 27g      | 9%  |
| Dietary Fiber      | < 1 gram | 0%  |
| Sugars             | 2g       |     |

Protein 4g

Vitamin A 0%                      \*                      Vitamin C 0%

Calcium 10%                      \*                      Iron 8%

\*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    |
| Saturated Fat       | Less than | 20g    | 25g    |
| Cholesterol         | Less than | 300mg  | 300mg  |
| Sodium              | Less than | 2400mg | 2400mg |
| Total Carbohydrates |           | 300g   | 375g   |
| Dietary Fiber       |           | 25g    | 30g    |

Calories per gram

Fat 9 \* Carbohydrate 4 \* Protein 4

## 5230 Low Fat Homestyle Waffles Round

**INGREDIENTS:** ENRICHED WHEAT FLOUR (FLOUR, NIACIN [VITAMIN B3], REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN, FOLIC ACID [VITAMIN B9]), WATER, SOYBEAN OIL, NONFAT MILK, SUGAR, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, BAKING SODA). CONTAINS 2% OR LESS OF: WHOLE EGGS, CALCIUM CHLORIDE, SALT, NATURAL FLAVOR (DEXTROSE, CORN STARCH), ANNATO EXTRACT (COLOR).

**CONTAINS:** WHEAT, MILK, EGGS.