

## Nutrition Facts

Serving Size: 2 waffles (70grams)

Servings per container: 60

Amount per Serving

Calories 165                      Calories from Fat 41

% Daily Value

Total Fat 4.5g                      7%

Saturated Fat .5g                      3%

Trans Fat 0g

Cholesterol < 5mg                      0%

Sodium 380mg                      16%

Total Carbohydrate 27g                      9%

Dietary Fiber < 1 gram                      0%

Sugars 5g

Protein 4g

Vitamin A 0%                      \*                      Vitamin C 0%

Calcium 8%                      \*                      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

## 5220 Blueberry Waffles - Round

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

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