

## 5017 "One Step" Bel-varian Belgian Waffle Mix

Number of Servings: 1 (100 g per serving)

Weight: 100 g

<b>Nutrition Facts</b>	
Serving Size 3.5 oz (approx 2/3 cups) (100g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 450</b>	Calories from Fat 200
% Daily Value*	
<b>Total Fat 22g</b>	<b>34%</b>
Saturated Fat 11g	<b>55%</b>
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 880mg</b>	<b>37%</b>
<b>Total Carbohydrate 55g</b>	<b>18%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein 11g</b>	
Vitamin A 2%	• Vitamin C 0%
Calcium 10%	• Iron 6%
*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 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Ingredients:

Enriched bleached wheat flour (wheat, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable shortening (soybean and/or cottonseed oil), egg whites, leavening agents (sodium bicarbonate, sodium acid pyrophosphates, monocalcium phosphate, sodium aluminum phosphate), contains 2% or less of each of the following: whey, sugar, butter solids, salt, nonfat milk, malt powder, egg yolk, rice flour, yellow corn meal, lecithin, mono & diglycerides, artificial flavour, FD&C Yellow #5 (E102), and FD&C Yellow #6 (E110).

### Allergens:

Contains Egg, Milk, Soy, Wheat.