



Gold Medal Products Co.
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8209 Old Fashion Vanilla Waffle Cone Mix

Number of Servings: 1 (43 g per serving)

Weight: 43 g

Nutrition Facts	
Serving Size 1.5 oz (43g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 90mg	4%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	4%
Sugars 16g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 4%
*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 Flour (wheat, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, partially hydrogenated vegetable shortening (contain soybean oil), egg, artificial flavor, dextrose, and salt.
Peanut flour is processed on the same equipment.

Allergens:

Contains Egg, Peanut, Soy, Wheat.