



Gold Medal Products Co.
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8212 Waf-A-Kone Mix

Number of Servings: 1 (42.52 g per serving)

Weight: 42.52 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 31g	10%
Dietary Fiber 1g	4%
Sugars 15g	
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 Wheat Flour (wheat, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Sugar, Partially Hydrogenated Vegetable Shortening (cottonseed and/or soybean oil), Egg, Contains 2% or less of each of the following: Dextrose, Malt powder, Salt, and Artificial Flavor.

Allergens:

Contains Egg, Milk, Soy, Wheat.