

# Nutrition Facts

1 serving per container

Serving size

1 vafel (65g)

Amount per serving

**Calories**

**270**

% Daily Value\*

Total Fat 10g 13%

Saturated Fat 4.5g 23%

Trans Fat 0g

Cholesterol 0g 0%

Sodium 190g 8%

Total Carbohydrate 39g 14%

Dietary Fiber 2g 7%

Total Sugars 18g

Includes 17g Added Sugars 34%

**Protein 4g**

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.4mg 2%

Potassium 0mg 0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Wheat flour, water, sugar, sustainably sourced palm oil, lemon-infused blueberry (blueberries, sugar, lemon extract, sunflower oil), brown sugar, whole golden flaxseed\*, salt, natural flavor, alcohol, water, oil of lemon, yeast.

\*organic **Contains wheat.**

LEMON BLUEBERRY

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