

Nutrition Facts

1 serving per container

Serving size

1 vafel (65g)

Amount per serving

Calories

250

% Daily Value*

Total Fat 10g 13%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 0g 0%

Sodium 200g 9%

Total Carbohydrate 28g 10%

Dietary Fiber 1g 4%

Total Sugars 15g

Includes 15g Added Sugars 30%

Protein 10g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 1.5mg 8%

Potassium 110mg 2%

* 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: Water, wheat flour, sugar, sustainably sourced palm oil, pea flour, yellow pea protein, natural sprinkle (sugar, palm kernal & palm oil, cornstarch, beet juice, vegetable juice, annatto extract, spirulina extract, turmeric, beta-carotene, paprika oleoresin, sunflower lecithin, maltodextrin, carnauba wax, cellulose gum), wheat gluten, brown sugar, whole golden flaxseed*, natural flavor, salt, yeast.

*organic **Contains wheat.**