

Nutrition Facts

1 serving per container

Serving size

1 vafel (65g)

Amount per serving

Calories

270

% Daily Value*

Total Fat 11g 14%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 0g 0%

Sodium 200g 9%

Total Carbohydrate 39g 14%

Dietary Fiber 1g 4%

Total Sugars 16g

Includes 16g Added Sugars 32%

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, brown sugar, whole golden flaxseed*, natural flavors, salt, maple syrup, yeast.

*organic **Contains wheat.**

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