

10 Waffle Bowls

Size: 7.00 ounces (199g)

Ingredients: Enriched Wheat Flour (Contains Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Vegetable Oil Shortening (Soybean Oil or Canola Oil, Modified Palm Oil, Soy Lecithin), Soy Lecithin, Oat Fiber, Salt, Artificial Flavor.

Contains: Wheat, Soy

Nutritional Information: See Nutrition Facts.

Nutrition Facts

Serving Size 1 bowl (21g)

Servings Per Container 10

Amount Per Serving

Calories 80 Calories from Fat 5
% Daily Value *

Total Fat .5g **1%**

Saturated Fat .0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 18g **6%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • 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
Sat 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

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