

Nutrition Facts

Serving Size: 1 waffle (142g)

Servings per Case: 36

Amount per Serving

Calories: 470 Calories from Fat: 190

% Daily Value*

Total Fat: 21 g 33%

Saturated Fat: 2.5 g 13%

Trans Fat: 0 g

Polyunsaturated Fat: 7 g

Monounsaturated Fat: 13 g

Cholesterol: 95 mg 31%

Sodium: 680 mg 28%

Potassium: 15 mg 0%

Total Carbohydrates: 61 g 20%

Dietary Fiber: 2 g 7%

Sugars: 18 g

Protein: 9 g

Calcium: 8%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may differ depending on your calorie needs.
