

Nutrition Facts

Serving Size	1/2 cup mix makes 1 - 7" waffle (63g)		100g (100g)
	As Packaged		As Packaged
Calories	210		341
% DV			
Total Fat	2g	2%	2g
Saturated Fat	0g	-	0g
Trans Fat	0g		0g
Cholesterol	0mg	-	1mg
Sodium	840mg	37%	1339mg
Total Carbohydrate	46g	17%	73g
Dietary Fiber	2g	6%	3g
Total Sugars	2g	-	4g
Incl. Added Sugars	2g	3%	3g
Protein	5g		8g
Vitamin D	0µg	-	0µg
Calcium	190mg	15%	306mg
Iron	2mg	10%	3mg
Potassium	0mg	-	61mg
Water	-	-	11g
Ash	-	-	6g

* 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.

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

Ingredients & Allergens

ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), NONFAT MILK, SALT. CONTAINS 2% OR LESS OF: SUGAR, BARLEY MALT EXTRACT, SOYBEAN OIL, CORN STARCH, ARTIFICIAL FLAVOR, YELLOWS 5 & 6.

CONTAINS WHEAT AND MILK INGREDIENTS.