

#7180 Waffle

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 cone (24g)

Servings Per Container 180

Amount Per Serving

Calories 90

Calories from Fat 5

% Daily Value *

Total Fat 0.5g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 40mg

Total Carbohydrate 21g

Dietary Fiber 0g

Sugars 6g

Protein 1g

Vitamin A 0%

Calcium 2%

Vitamin C 0%

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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