

## Ingredients

Bleached Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Contains 2% or less of: Vegetable Oil Shortening (Canola Oil and/or Palm Oil and/or Soybean Oil), Oat Fiber, Soy Lecithin, Salt, Natural Flavor.

CONTAINS: Wheat, Soy

Nutrition Facts	
0* servings per container	
Serving size 1 waffle bowl (23g)	
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 7*g Added Sugars	14*%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 1mg	4%
Potassium 39mg	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.	