

Nutrition Facts

12 servings per container

Serving size 1 waffle (30g)

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 6g 8%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 75mg 3%

Total Carbohydrate 18g 7%

Dietary Fiber 0g 0%

Total Sugars 8g

Includes 8g Added Sugars 16%

Protein 2g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.7mg 4%

Potassium 40mg 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.