

Nutrition Facts

about 56 servings per container

Serving size 1/3 cup (40g);
(makes 1 waffle cone)

Amount per serving

Calories **150**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 65mg **3%**

Total Carbohydrate 33g **12%**

Dietary Fiber 2g **5%**

Total Sugars 14g

Includes 14g Added Sugars **28%**

Protein 3g

Vitamin D 0mcg **0%**

Calcium 10mg **0%**

Iron 0.7mg **4%**

Potassium 70mg **0%**

* The % Daily Value 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.