

NUTRITIONAL FACTS

AUTHENTIC GOURMET

French Fruit Filled Waffles

Apple Filled Waffle

Nutrition Facts	
Serving size 1 Waffle (80g / 2.82 oz)	
Amount per serving	
Calories	200
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 3.6g	18%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 240mg	10%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 4g Added Sugars	8%
Protein 3g	6%
Vit. D 0.1mcg 0% • Calcium 12mg 0%	
Iron 0.8mg 4% • Potas. 120mg 2%	
<small>* 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.</small>	

Ingredients: Pastry (50,5%) (wheat flour, malted wheat flour), water, vegetable oil emulsion (canola, palm), butter (pasteurized cream), sugar, yeast, whole milk powder, salt, pasteurized EGG powder, emulsifiers (lecithins, mono- and diglycerides of fatty acids), enzymes, antioxidant (ascorbic acid), citric acid, color (beta-carotene), natural flavoring), Filling (49. 5%) (apples (84%), sugar, modified starch, dry raisins, antioxidant (ascorbic acid), cinnamon, vegetable oil (cotton)).

CONTAINS: WHEAT, EGG, MILK.

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Cherry Filled Waffle

Nutrition Facts	
Serving size 1 Waffle (80g / 2.82 oz)	
Amount per serving	
Calories	190
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 3.6g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 240mg	10%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 4g Added Sugars	8%
Protein 4g	8%
Vit. D 0.1mcg 0% • Calcium 24mg 2%	
Iron 0.5mg 2% • Potas. 125mg 2%	
<small>* 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.</small>	

Ingredients: Pastry (50, 5%) (wheat flour, malted wheat flour), water, vegetable oil emulsion (canola, palm), butter (pasteurized cream), sugar, yeast, whole milk powder, salt, pasteurized EGG powder, emulsifiers (lecithins, mono- and diglycerides of fatty acids), enzymes, antioxidant (ascorbic acid), citric acid, color (beta-carotene), natural flavoring), Filling (49.5%) (cherries (88%), sugar, modified starch).

CONTAINS: WHEAT, EGG, MILK.

NUTRITIONAL FACTS

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Chocolate Filled Waffle

Nutrition Facts	
Serving size 1 Waffle (80g / 2.82 oz)	
Amount per serving	
Calories	370
<small>% Daily Value*</small>	
Total Fat 20g	26%
Saturated Fat 6.8g	34%
Trans Fat 0.1g	
Cholesterol 10mg	3%
Sodium 240mg	10%
Total Carbohydrate 42g	15%
Dietary Fiber 2g	7%
Total Sugars 24g	
Includes 23g Added Sugars	46%
Protein 4g	8%
Vit. D 0.1mcg 0% • Calcium 48mg 4%	
Iron 0.5mg 2% • Potas. 114mg 2%	
<small>*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.</small>	

Ingredients: Pastry (50,5%) (wheat flour, malted wheat flour), vegetable oil emulsion (candla, palm), water, butter (pasteurized cream), sugar, yeast, whole milk powder, salt, pasteurized EGG powder, emulsifiers (lecithins, mono- and diglycerides of fatty acids), enzymes, antioxidant (ascorbic acid), citric acid, coulor (beta-carotene), natural flavoring), Chocolate filling (49.5%) (sugar, vegetable oil (sunflower), chocolate (fat reduced cocoa powder, cocoa mass, sugar) (5,45%), lactose, vegetable fats (shea, coconut), fat reduced cocoa powder, emulsifier (soy bean lecithin)).

CONTAINS: WHEAT, EGG, MILK, SOY, COCONUT.