

NUTRITIONAL FACTS

LE WAF

Flavor: Blueberry

Insert nutritional information and ingredient images here

Nutrition Facts	
1 (3.5 oz) servings per container	
Serving size	1 waffle (100g)
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 170mg	7%
Total Carbohydrate 64g	23%
Dietary Fiber 3g	11%
Total Sugars 33g	
Includes 23g Added Sugars	46%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 2mg	10%
Potassium 140mg	2%
*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.	

Ingredients:

Enriched Bleached Wheat Flour ([niacin, iron, thiamine mononitrate, riboflavin, folic acid], ascorbic acid, enzyme), **Sugar, Margarin** (soybean oil, hydrogenated soybean oil, water, mono and diglycerides, soy lecithin, sodium benzoate, artificial flavor, beta carotene, vitamin A palmitate),**Dried Blueberries, Whole Milk, Eggs, Inverted Sugar, Yeast, Soy Lecithin, Salt, Flavoring.**