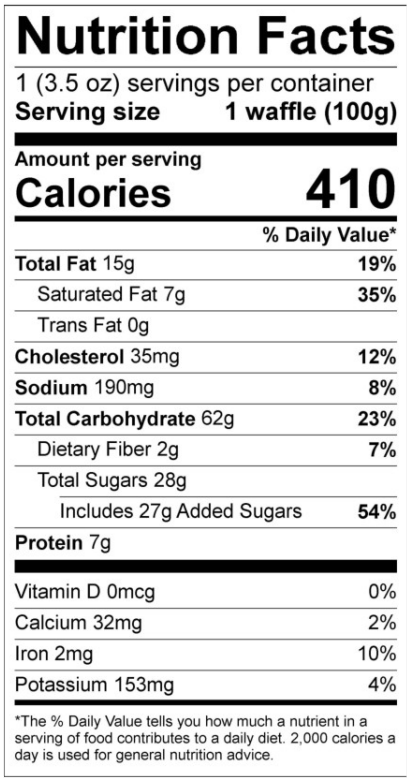
NUTRITIONAL FACTS
LE WAF

Flavor: Original

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 **410**

	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 7g	**35%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 190mg	**8%**
Total Carbohydrate 62g	**23%**
Dietary Fiber 2g	**7%**
Total Sugars 28g	
Includes 27g Added Sugars	**54%**
Protein 7g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 2mg	10%
Potassium 153mg	4%

*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.

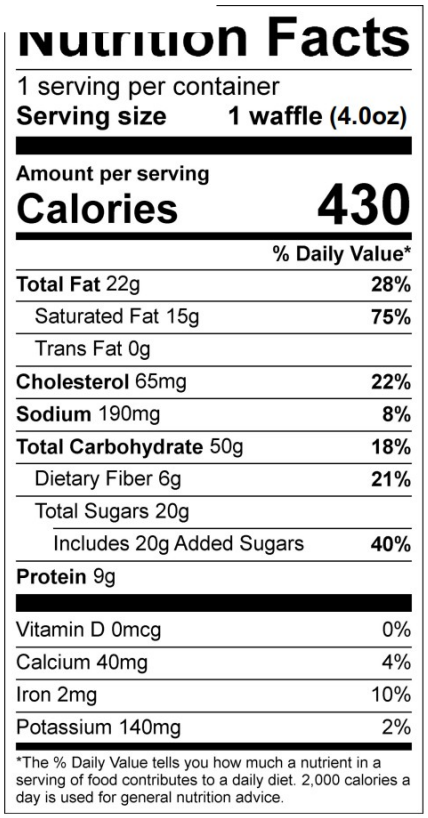
Ingredients:

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

NUTRITIONAL FACTS
BRAND NAME

Flavor:

Insert nutritional information and ingredient images here



Nutrition Facts

1 serving per container

Serving size **1 waffle (4.0oz)**

Amount per serving

Calories **430**

	% Daily Value*
Total Fat 22g	**28%**
Saturated Fat 15g	**75%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 190mg	**8%**
Total Carbohydrate 50g	**18%**
Dietary Fiber 6g	**21%**
Total Sugars 20g	
Includes 20g Added Sugars	**40%**
Protein 9g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
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.

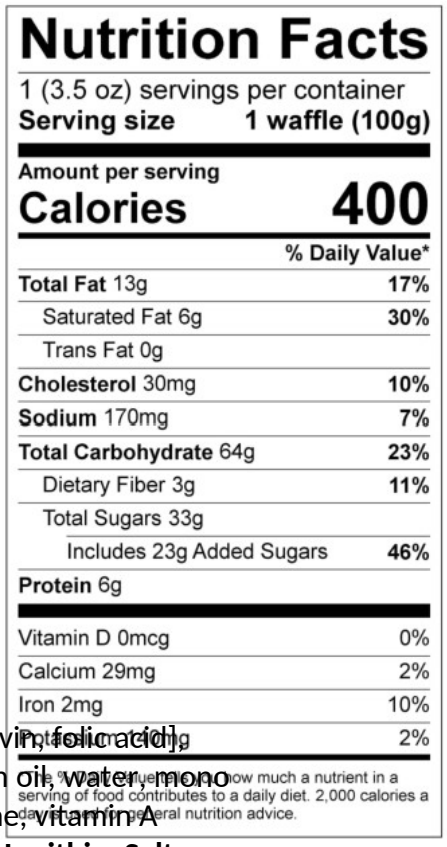
Ingredients:

Enriched Bleached Wheat Flour ([niacin, iron, thiamine mononitrate, riboflavin, folic acid], ascorbic acid, enzyme), **Sugar, Margarine** (Interesterified soybean oil, Water, Mono- and diglycerides, Soy lecithin, Sodium benzoate (preservative), Artificial flavor, Beta carotene (color), Vitamin A palmitate), **Chocolate Chips** (Sugar, chocolate, cocoa Butter, milkfat, soy lecithin, natural flavors), **Whole Milk, Eggs, Inverted Sugar, Yeast, Soy Lecithin, Salt, Natural Flavoring.**

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 40mg	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.**