

# BAKING INSTRUCTIONS

- HEAT WAFFLE IRON (4-INCH SQUARE WAFFLES) ACCORDING TO MANUFACTURER'S INSTRUCTIONS.
- WHISK TOGETHER WAFFLE MIX AND 6OZ. OF WATER IN A MEDIUM BOWL UNTIL LARGE LUMPS DISAPPEAR.
- COAT WAFFLE IRON AS NECESSARY WITH NON-STICK COOKING SPRAY.
- POUR 1 CUP OF BATTER EVENLY OVER HOT WAFFLE IRON.
- COOK UNTIL WAFFLE IS GOLDEN BROWN. MAKES 6-4" SQUARE WAFFLES.

**INGREDIENTS:** WHEAT FLOUR, SUGAR, YELLOW CORN FLOUR, SOYBEAN OIL, BUTTERMILK, SODIUM BICARBONATE, SALT, SODIUM ALUMINUM PHOSPHATE, MALT EXTRACT, DEXTROSE, NATURAL AND ARTIFICIAL FLAVORS, MONOCALCIUM PHOSPHATE, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID.

CONTAINS WHEAT, EGG, MILK AND SOY  
CONTAINS A BIOENGINEERED FOOD INGREDIENT.

WAFFLE MIX IS NOT READY TO EAT AND MUST  
BE THOROUGHLY COOKED BEFORE EATING.

SAFE HANDLING INSTRUCTIONS: TO PREVENT ILLNESS FROM  
NATURALLY OCCURRING BACTERIA IN FLOUR, DO NOT EAT OR  
PLAY WITH RAW BATTER. WASH HANDS AND SURFACES  
AFTER HANDLING.

## Nutrition Facts

About 3(2-4" waffles) servings per container  
Serving size **1/2 cup (54g)**

Amount per serving

**Calories** **200**

% Daily Value\*

<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 700mg	<b>30%</b>
<b>Total Carbohydrate</b> 40g	<b>14%</b>
Dietary Fiber 0g	<b>2%</b>
Total Sugars 9g	
Includes 8g Added Sugars	<b>17%</b>
<b>Protein</b> 3g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 53mg	<b>4%</b>
<b>Iron</b> 2mg	<b>10%</b>
<b>Potassium</b> 68mg	<b>2%</b>
<b>Thiamin</b> 0.2mg	<b>20%</b>
<b>Riboflavin</b> 0.2mg	<b>15%</b>
<b>Niacin</b> 3mg	<b>15%</b>
<b>Folate</b> 101mcg DFE (54mcg folic acid)	<b>25%</b>

\*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.