

Waffles

Nutrition Facts

Serving Size 1/3 cup (38g)

Servings Per Container 1

Amount Per Serving

Calories 180

Total Fat 2.5g

Trans Fat 0g

Sodium 380mg

Total Carbohydrate 28g

Dietary Fiber <1g

Sugars 0g

Protein 3g

% Daily Value

Protein 21% • Vitamin A 8%

Vitamin C 0% • Calcium 10%

Iron 10%

Ingredients: Carbon's malted many grain mix (add eggs, butter, water); Enriched wheat flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), buckwheat flour, corn flour, wheat bran, leavening (baking soda, monocalcium phosphate, sodium acid pyrophosphate), malt powder, rice flour, whole oat flour, salt, sugar, buttermilk, artificial flavor.