

Heartland Food Products, LLC  
 Belgian Waffle Mix  
 Malted Vanilla - Add Eggs & Butter  
 SKU #1008

# Nutrition Facts

Serving Size 1 Belgian Waffle  
 Servings Per Container 47 (5 lb. Bag)

Amount Per Serving	MIX*	BAKED**	
<b>Calories</b>	<b>157</b>	<b>244</b>	
Calories from Fat	5	82	
<b>% Daily Value +</b>			
<b>Total Fat 1g*,9g**</b>	<b>1%</b>	<b>14%</b>	
Saturated Fat 0g,5g	1%	26%	
Trans Fat 0g,0g			
<b>Cholesterol 1mg,67mg</b>	<b>0%</b>	<b>22%</b>	
<b>Sodium 612mg,629mg</b>	<b>26%</b>	<b>26%</b>	
<b>Total Carbohydrate 38g,38g</b>	<b>13%</b>	<b>13%</b>	
Dietary Fiber 3g,3g	13%	13%	
Sugars 12g,12g			
<b>Protein 4g,5g</b>	<b>7%</b>	<b>10%</b>	
<b>Vitamin A</b>	<b>0%</b>	<b>7%</b>	
<b>Vitamin C</b>	<b>0%</b>	<b>0%</b>	
<b>Calcium</b>	<b>5%</b>	<b>6%</b>	
<b>Iron</b>	<b>1%</b>	<b>3%</b>	
* Amount in Mix ** Amount in Baked Waffle using Basic Recipe + Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g