

Heartland Food Products, LLC
 Heartland Signature Recipes
 Oatmeal Almond
 SKU #5000

Nutrition Facts

Serving Size 1 Belgian Waffle
 Servings Per Container 32.5 (5 lb. Bag)

Amount Per Serving	
Calories 241	Calories from Fat 20
% Daily Value *	
Total Fat 3g	4%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 7mg	2%
Sodium 781mg	33%
Total Carbohydrate 53g	18%
Dietary Fiber 4g	14%
Sugars 15g	
Protein 5g	9%
Vitamin A 0%	Vitamin C 0%
Calcium 9%	Iron 4%

* 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