

Belgian Waffle Heartland

Number of Servings: 1 (126.44 g per serving)

Weight: 126.44 g

Amount	Measure	Ingredient	Comments
2.16	oz	Heartland Waffle Mix	
2.30	oz	Water, tap, municipal	

Nutrition Facts	
Serving Size one waffle (126g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 760mg	32%
Total Carbohydrate 45g	15%
Dietary Fiber 4g	16%
Sugars 10g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• 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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes:

contains wheat, soy, milk, egg