

Basic Report 28375, VAN'S, Gluten Free, Totally Original Waffles

Report Date: August 20, 2017 16:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 waffle 47g	1 box 255g
Proximates				
Water	g	46.22	21.72	117.86
Energy	kcal	248	117	632
Protein	g	2.99	1.41	7.62
Total lipid (fat)	g	8.22	3.86	20.96
Carbohydrate, by difference	g	40.54	19.05	103.38
Sugars, total	g	1.73	0.81	4.41
Minerals				
Calcium, Ca	mg	48	23	122
Iron, Fe	mg	0.56	0.26	1.43
Magnesium, Mg	mg	31	15	79
Phosphorus, P	mg	345	162	880
Potassium, K	mg	121	57	309
Sodium, Na	mg	508	239	1295
Zinc, Zn	mg	0.54	0.25	1.38
Vitamins				
Thiamin	mg	0.083	0.039	0.212
Riboflavin	mg	0.040	0.019	0.102
Niacin	mg	1.803	0.847	4.598
Vitamin B-6	mg	0.067	0.031	0.171
Lipids				
Fatty acids, total saturated	g	0.781	0.367	1.992
Fatty acids, total monounsaturated	g	4.456	2.094	11.363
Fatty acids, total polyunsaturated	g	2.375	1.116	6.056
Fatty acids, total trans	g	0.010	0.005	0.026
Amino Acids				
Other				

