

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

Report Date: October 21, 2017 15:28 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 | | | | |

