

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

Report Date: December 12, 2017 15:00 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 waffle 47g	1 box 255g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				

