

Marble Slab Waffle Cone Nutritionals-Plain

Kids Size

Nutrition Facts			
Serving Size 1 cone (28g)			
Amount Per Serving			
Calories 60	Calories from Fat 10		
		% Daily Value*	
Total Fat 1.5g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 0mg			0%
Total Carbohydrate 12g			4%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 1g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 2%	
*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	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Regular Size

Nutrition Facts			
Serving Size 1 cone (57g)			
Amount Per Serving			
Calories 130	Calories from Fat 25		
		% Daily Value*	
Total Fat 3g			5%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 15mg			5%
Sodium 10mg			0%
Total Carbohydrate 23g			8%
Dietary Fiber 0g			0%
Sugars 11g			
Protein 2g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 2%	•	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	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Ingredients: Water, Flour, all purpose, white, bleached, enrich, Sugar, Eggs, Oil, vegetable, low saturated fat, USDA, Milk.

Allergens: Egg, Milk, Wheat