

# Nutrition Facts

Per (490 g)

**Calories 1180**

% Daily Value\*

**Fat** 57 g 76 %  
Saturated 30 g 150 %  
+ Trans 0 g

**Carbohydrate** 152 g  
Fibre 4 g 14 %  
Sugars 123 g 123 %

**Protein** 16 g

**Cholesterol** 270 mg

**Sodium** 780 mg 34 %

Potassium 550 mg 11 %

Calcium 450 mg 35 %

Iron 2.5 mg 15 %

\*5% or less is **a little**, 15% or more is **a lot**

**Ingredients:** Dessert, frozen, ice cream, vanilla, 11% M.F., Water - Municipal Tap Water, Filtered , Waffle, plain, homemade, Sweets, syrups. table blends, cane and 15% maple, Cheese, cream, PURE CANE SUGAR, WATER, NATURAL FLAVOR, CITRIC ACID., Egg, chicken, whole, fresh or frozen, raw, Cream, whipped, cream topping, pressurized, Butter, light, salted, Sweets, sugars, icing (powdered), Spices, cinnamon, ground

**Contains:** Wheat, Milk, Egg, Soy