

Nutrition Facts

Per (495 g)

Calories 1160

% Daily Value*

Fat 56 g 75 %
Saturated 30 g 150 %
+ Trans 0 g

Carbohydrate 146 g
Fibre 5 g 18 %
Sugars 103 g 103 %

Protein 19 g

Cholesterol 225 mg

Sodium 700 mg 30 %

Potassium 900 mg 19 %

Calcium 450 mg 35 %

Iron 4 mg 23 %

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

Ingredients: Water - Municipal Tap Water, Filtered , Waffle, plain, homemade, Dessert, frozen, ice cream, chocolate, rich, Dessert, frozen, ice cream, vanilla, 11% M.F., Banana, raw, Sweets, syrups. table blends, cane and 15% maple, Candies, bars / chips, milk chocolate, plain, Sweets, syrups, chocolate, fudge-type, Egg, chicken, whole, fresh or frozen, raw, Cream, whipped, cream topping, pressurized, Butter, light, salted, Sweets, sugars, icing (powdered)

Contains: Wheat, Milk, Egg, Soy