

IQF, Precooked Whole Wheat Waffles

SLS Code	MF9201W
Case Pack	144/1.25 oz
Storage	Frozen
Ti x Hi	
Net Case Weight	11.25#
Gross Case Weight	13#
Case Dimensions	13.81" x 9.46" x 16.37"
Case Cube	N/A
UPC (GTIN)	N/A



Preparation Instructions

CONVENTIONAL OVEN/TOASTER OVEN:

- ☐ Preheat oven to 375 F.
- ☐ Place frozen waffles in a single layer on a wire rack for 2 ½ to 3 minutes or until crisp and hot.

TOASTER:

- ☐ Brown frozen waffles in a toaster at low setting
- ☐ Serve on warm plate with warm syrup and butter.

MICROWAVE OVENS NOT RECOMMENDED

Ingredients

Whole Wheat Flour, Water, Non Fat Milk, Whey Solids, Soybean Oil, Sugar, Leavening [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate], Whole Eggs, Soy Lecithin, Salt.

Child Nutrition: Each 1.5 oz serving contains .50 oz of equivalent grains.

Nutrition Facts

servings per container
Serving size (71g)

Amount per serving
Calories **130**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 0.5g

Cholesterol 5mg **2%**

Sodium 360mg **16%**

Total Carbohydrate 23g **8%**

Dietary Fiber 3g **11%**

Total Sugars 4g

Includes 2g Added Sugars **4%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 53mg **4%**

Iron 1mg **6%**

Potassium 151mg **4%**

Vitamin A 2mcg **0%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Allergens: Soy, Milk, Wheat, Eggs