

Product Name	Eggo Maple Flavored Mini Waffles
Flavor Descriptor	Naturally Flavored
NLI Description	Sales Samples
Brand	EGGO



Date Created	01/13/13
NLI #	09495
Kosher Status	OU-D
Product of	U.S.A.

USDA Grain Ounce Equivalents	2		
USDA Meat/Meat Alternate (oz)	Carbohydrates	Fat	Protein
Diet Exchange	2	1	Free
Whole Grains (serving)	32		

Ingredients: Whole wheat flour, water, sugar, egg whites, vegetable oil (soybean, palm, and/or canola oil), contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), molasses, soy lecithin, maltodextrin, natural flavors, whey, salt, modified corn starch.

Vitamins and Minerals: Calcium carbonate, vitamin A palmitate, reduced iron, niacinamide, vitamin B12, vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamin hydrochloride), vitamin B2 (riboflavin).

Serving Size	1 Pouch	% Daily Value*	% Daily Value*
Serving Size g	75		
Serving Size oz			
Amount Per Serving			
Calories	200		
Calories from Fat	45		
Total Fat	5 g	8 %	g
Saturated Fat	1.5 g	8 %	g
Trans Fat	0 g		g
Polysaturated Fat	9 g		g
Monounsaturated Fat	9 g		g
Cholesterol	0 mg	0 %	mg
Sodium	220 mg	5 %	mg
Potassium	160 mg	5 %	mg
Total Carbohydrate	35 g	12 %	g
Dietary Fiber	4 g	14 %	g
Soluble Fiber	g		g
Insoluble Fiber	g		g
Sugars	10 g		g
Sugar Alcohol	g		g
Other Carbohydrate	g		g
Protein	4 g		g
Vitamin A		10 %	
Vitamin C		0 %	
Calcium		10 %	
Iron		15 %	
Vitamin D			
Vitamin E			
Vitamin K			
Thiamin		10 %	
Riboflavin		10 %	
Niacin		10 %	
Vitamin B6		10 %	
Folic Acid			
Vitamin B12		10 %	
Biotin			
Pantothenic Acid			
Phosphorus		25 %	
Iodine			
Magnesium			
Zinc			
Selenium			
Copper			
Manganese			
Chromium			
Molybdenum			

ALLERGEN INFORMATION:

CONTAINS WHEAT, EGG, SOY AND MILK INGREDIENTS.

Other Required Statements:

*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	Print value if "Y"
Total Fat	Less than	65g	80g	Y
Sat. Fat	Less than	20g	25g	Y
Cholesterol	Less than	300mg	300mg	Y
Sodium	Less than	2,400mg	2,400mg	Y
Potassium		3,500mg	3,500mg	Y
Total Carbohydrate		300g	375g	Y
Dietary Fiber		25g	30g	Y
Protein		50g	65g	Y

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

TENTATIVE INFORMATION - SUBJECT TO CHANGE. ALWAYS REFER TO PRODUCT LABEL FOR CURRENT NUTRITION FACTS AND INGREDIENT STATEMENT.

Julia M. Jursinic

Julia M. Jursinic, MS
Sr. Director, Nutrition Labeling & Regulatory Compliance
Kellogg Company

Nutrient Contents Per 100g

Calories	269	Vitamin A	667 IU
Calories from fat	60	Vitamin C	0mg
Total Fat	6.7g	Calcium	150.9mg
Saturated Fat	2.0g	Iron	3.6mg
Monounsaturated Fat	2.1g	Vitamin D	0IU
Polysaturated Fat	2.0g	Vitamin E	0IU
Trans Fat	0.1g	Thiamin	0.20mg
Cholesterol	0mg	Riboflavin	0.23mg
Sodium	296mg	Niacin	2.7mg
Potassium	209mg	Vitamin B6	0.27mg
Total Carbohydrate	46.5g	Folic Acid	19mcg
Dietary Fiber	4.7g	Vitamin B12	0.8mcg
Soluble Fiber	0.0g	Pantothenic Acid	NAmg
Insoluble Fiber	0.0g	Phosphorus	392mg
Sugars	13.5g	Magnesium	56mg
Sugar Alcohols	NAg	Zinc	1.4mg
Protein	5.7g	Copper	NAmg
		Manganese	NAmg
		Selenium	NAmcg
		Moisture	38.4%
		Ash	2.7%

NA = Database values for the nutrient do not exist or are incomplete.

GTIN/UPLC Code	Type of Package	Net Weight	Servings Per Container
000338000923166	Pouch	2.64 oz (75 g)	1 Pouch
000338000923159	Case	72 - 2.64 oz (75 g)	72 Pouches