



WAFFLE WHOLE GRAIN NO TRANSFAT

Item Number: 993790

Brand: RALCORP
Vendor: CONAGRA FOODS BAKERIES
 (RALCORP)

Manufacture #: 140321

Pack Size: 144/1.4 OZ

Quantity On Hand: 80

Number of Servings:
144

Category: Sweet Goods, Frozen

GTIN: 10686151403210

Specific Requirements (Food)

Contains Eggs
Contains Milk
Contains Soy
Contains Wheat
Kosher

Description: Whole Grain + High Fiber makes this waffles full of goodness! 1 waffle=1 bread/starch equivalent. 1 waffle=18.14 g of whole grain. Preparation: Toaster, Conventional Oven or Convection Oven. Allergens: Milk, Wheat, Eggs and Soy.

Features & Benefits: Heat 'n' serve - no mixing/griddling req.; Scratch taste customers love; large piece size for great plate coverage

Serving Suggestions: Serve with lite syrup and top with fresh fruit for a healthy alternative

Preparation & Cooking: TOASTER: Insert FROZEN waffle(s) into preheated toaster. Heat on light setting for one cycle. Note: An additional heating cycle may be required for some toasters. Conventional Oven: Arrange FROZEN waffles in a single layer on a sheet pan. Bake, uncovered in a 400°F oven for 8-10 minutes. Convection Oven: Arrange FROZEN waffles in a single layer on a sheet pan. Using low fan speed bake uncovered in a 350°F oven for 4-6 minutes.

Storage & Usage: Coded shelf-life is minimum 360 days from date of manufacture when kept in a continuous frozen state (0 °F (-18 °C)). Product may show signs of freezer burn after 360 days.

Ingredients: INGREDIENTS: WHOLE WHEAT FLOUR, BUTTERMILK, SOYBEAN OIL, EGG WHITES, SUGAR, WHEY. CONTAINS 2% OR LESS OF: LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SOY LECITHIN (AN EMULSIFIER), SALT, NATURAL AND ARTIFICIAL FLAVORS.

Nutrition Facts	
Serving Size 2.79 OZ (79 GR)	
Servings Per Case: 72	
Calories: 220	Cal. from Fat: 70
% Daily Value*	
Total Fat: 8 g	12 %
Saturated Fat: 1 g	5 %
Trans Fat: 0.0 g	0 %
Cholesterol: 0 mg	0 %
Sodium: 300 mg	12 %
Total Carbs.: 35 g	12 %
Diet. Fiber: 5 g	20 %
Sugars: 7 g	
Protein: 4 g	8 %
Vitamin A: 0 %	Vitamin C: 0 %
Calcium: 1 %	
*Percent Daily Values are based on a 2,000 calorie diet.	

Serving Size: 2.79 OZ (79 GR)
Servings per Case: 72
Storage Temperature: -10 ° FA - 10 ° FA
Shelf Life: 360 Days
Kosher: YES
Child Nutrition: N/A