

Aunt Jemima Original Square Waffles

43575

Individual Piece Weight = 0.88 oz.

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, WHEY, SUGAR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA). CONTAINS 2% OR LESS OF WHOLE EGGS, CALCIUM CHLORIDE, SALT, CORN SYRUP SOLIDS, CORN STARCH, COLORED WITH (YELLOW 5, YELLOW 6), FORTIFIED WITH (REDUCED IRON, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], RIBOFLAVIN [VITAMIN B2], THIAMINE MONONITRATE [VITAMIN B1], CYANOCOBALAMIN [VITAMIN B12], NATURAL AND ARTIFICIAL FLAVOR (DEXTROSE, CORN STARCH, NATURAL AND ARTIFICIAL FLAVORS), SOY FLOUR (SOY FLOUR, SOYBEAN OIL, SOY LECITHIN).

Allergen Statement CONTAINS: EGGS, MILK, SOY, WHEAT

Nutrition Facts

Serving Size 3 waffles (75g) Servings per Container 48

Amount Per Serving			
Calories 200		Calories from F	Fat 50
		%	Daily Value*
Total Fat 6g			9%
Saturated Fat 1g			5%
Trans Fat Og			
Cholesterol less than 5mg			0%
Sodium 560mg			23%
Total Carbohydrate 33g			11%
Dietary Fiber less than 1 gram			0%
Sugars 4g	Č,		
Protein 4g			
Vitamin A	0% •	 Vitamin C 	0%
Calcium	10% •		50%
Thiamin	50%		50%
Niacin	45%	Vitamin B6	50%
Vitamin B12	40%	Phosphorus	30%
"Percent (%) Daily Values a based on your calorie needs		ie diet. Your daily values may be hi	gher or lower
,,	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g 25g	375g 30g
Dietary Fiber			

Per Piece Grain Credit using the 16g Ounce Equivalent Standard

Total Creditable Grains 9.925 grams divided by 16 grams = 0.620 Grain oz. eq.

Rounded down to nearest quarter = 0.5 Grain oz. eq. for 1 waffle

9.925 grams of creditable grains x 2 waffles = 19.85g / 16g =

1.240 Grain oz. eq. rounded down to nearest quarter = 1 Grain

oz. eq for 2 waffles

9.925 grams of creditable grains x 3 waffles = 29.775g / 16g = 1.860 Grain oz. eq. rounded down to nearest quarter = 1.75

Grain oz. eq. for 3 waffles

9.925 grams of creditable grains x 4 waffles = 39.7g / 16g = 2.481 Grain oz. eq rounded down to nearest quarter = 2.25

Grain oz. eq. for 4 waffles

Whole Grain Rich Qualification

Does this product qualify as Whole Grain Rich? No

I certify that the above information is true and correct in accordance with the standards set forth in the Food Buying Guide for Child Nutrition Programs and USDA Memo SP 30-2012 issued April 26, 2012.

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Dana Hill, Director Regulatory Affairs, Pinnacle Foods Group LLC 16g Grain oz. eq. standard June 16, 2013