



**Aunt Gemima
Jumbo Square Waffles**

43573

Individual Piece Weight = 1.27 oz.

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHEY, SOYBEAN OIL, 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 (DEXTRROSE, 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 2 waffles (72g)
Servings per Container 72

Amount Per Serving		Calories from Fat 50	
		% Daily Value*	
Calories	190		
Total Fat	6g	9%	
Saturated Fat	1g	5%	
Trans Fat	0g		
Cholesterol	less than 5mg	0%	
Sodium	530mg	22%	
Total Carbohydrate	31g	10%	
Dietary Fiber	less than 1 gram	0%	
Sugars	3g		
Protein	4g		

Vitamin A	0%	Vitamin C	0%
Calcium	8%	Iron	45%
Thiamin	40%	Riboflavin	40%
Niacin	35%	Vitamin B6	50%
Folate	15%	Vitamin B12	35%
Phosphorus	25%		

*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs:

	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	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 * Carbohydrates 4 * Protein 4

Per Piece Grain Credit using the 16g Ounce Equivalent Standard

Total Creditable Grains 14.29 grams divided by 16 grams = 0.893 Grain oz. eq.

Rounded down to nearest quarter = **0.75 Grain oz. eq. for 1 waffle**

14.29 grams of creditable grains x 2 waffles = 28.58g / 16g = 1.786 Grain oz. eq.

rounded down to nearest quarter = **1.75 Grain oz. eq. for 2 waffles**

14.29 grams of creditable grains x 3 waffles = 42.87g / 16g = 2.679 Grain oz. eq.

rounded down to nearest quarter = **2.5 Grain oz. eq. for 3 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.

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