



**NUTRITION OUTPUT FORM**

ITEM NUMBER: 4521

ITEM DESCRIPTION: WHOLE GRAIN DUTCH WAFFLE NTF 5" - 48 COUNT

<b>Nutrition Facts</b>	
48 servings per container	
<b>Serving size</b>	<b>1 waffle (83g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>330</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 19g	<b>24%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 12g	
Includes 11g Added Sugars	<b>22%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.5mg	8%
Potassium 120mg	2%
*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.	

<b>100g NUTRITIONAL</b>	
<b>Basic Components</b>	
Calories (kcal)	403.544
Calories from SatFat (kcal)	32.859
Protein (g)	4.919
Carbohydrates (g)	46.120
Dietary Fiber (2016) (g)	3.690
Total Sugars (g)	14.144
Added Sugar (g)	12.914
Fat (g)	22.700
Saturated Fat (g)	3.651
Mono Fat (g)	5.060
Poly Fat (g)	13.172
Trans Fatty Acid (g)	0.405
Cholesterol (mg)	19.063
Water (g)	23.800
Ash (g)	1.845
<b>Vitamins</b>	
Vitamin A - RAE (mcg)	0.615
Vitamin C (mg)	0
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0
<b>Minerals</b>	
Calcium (mg)	35.051
Iron (mg)	1.845
Potassium (mg)	143.895
Sodium (mg)	399.094

**INGREDIENTS:** WHEAT FLOUR BLEND (WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), SOYBEAN OIL, WATER, SUGAR, CONTAINS 2% OR LESS OF THE FOLLOWING: ARTIFICIAL FLAVOR, CELLULOSE GUM, EGG YOLKS, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), MONO- AND DIGLYCERIDES, NONFAT MILK, SALT, DEFATTED SOY FLOUR.

**CONTAINS EGG, MILK, SOY, WHEAT.**

**CONTAINS A BIOENGINEERED FOOD INGREDIENT.**

**Child Nutrition Statement:**

The listed serving size contains 32 creditable grains of which 16.32 are whole grains. This provides 2 servings of breads/grains under the Child Nutrition Program using the 16g calculator.

**Storage/ Handling:**

Keep Frozen (0° F or below). Shelf life up to one year when stored properly.

**Preparation Instruction:**

Conventional Oven – 1) Preheat oven to 450°F.\* 2) Remove frozen product from case and place on tray, then heat for 3-4 minutes.\* 3) Sprinkle with confectioner’s sugar or any other topping. Fryer – 1) Preheat fryer to 375°F.\* 2) Remove frozen product from case and place in fryer for 30 seconds.\* 3) Sprinkle with confectioner’s sugar or any other topping. \* Convection Oven - 1) Preheat oven to 325F 2) Place on low fan if possible 3) From frozen, bake for 6 1/2 minutes 4)Sprinkle with confectioner’s sugar or any other topping. \* Heating times and temperatures may vary.

LAST MODIFIED: 9.27.22

MODIFIED BY: Joseph Leonard

DOCUMENT REVISION #: 2

**Product Specifications for Item: 4521; WG-DUTCH WAFFLE-NTF-5 /48CT**

UPC	Alt UPC	SCC/GTIN	Case	Pack
073321045210		10073321045217	0.6	80

**Case Dimensions**

Case Length	Case Width	Case Height	Case Cube	Net Weight (Lbs)	Gross Weight (Lbs)
15.38	11.13	10.63	1.053	8.57	9.48

**Pallet Dimensions**

Pallet Tier	Pallet High	Pallet Count
10	7	70