

JF 2192C

Nutritionals and Ingredients (Consumer or Base GTIN: 00089947302842)

Representation of label(s). The actual nutritional label(s) on the package may vary slightly

Nutrition Facts (Unprepared)		(-) Information is currently not available for this nutrient.	
Serving Size	75 g	* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:**	
Servings Per Container	3	** Percent Daily Values listed below are intended for adults and children over 4 years of age. Foods represented or purported to be for use by infants, children less than 4 years of age, pregnant women, or lactating women shall use the RDI's that are specified for the intended group provided by the FDA.	
Amount Per Serving			
Calories	180	Calories from fat	60
		% Daily Value*	
Saturated Fat	0.5 g		3%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	230 mg		10%
Potassium	90 mg		2%
Total Carbohydrate	31 g		11%
Dietary Fiber	3 g		11%
Sugar	3 g		0%
Protein	2 g		0%
Vitamin A	0		0%
Vitamin C	0 mg		0%
Calcium	200 mg		15%
Iron	1 mg		6%
		Calories:	
		2,000	2,500
Total Fat	Less than 65g	80g	
Sat. Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2400mg	2400mg	
Potassium		3500mg	3500mg
Total Carbohydrates		300mg	375mg
Dietary Fiber		25mg	30mg
		Calories per gram:	
Fat	9	Carbohydrate	4
		Protein	4

Child Nutrition Label: No
Ingredients:

INGREDIENTS: (THAT WE ARE PROUD OF!) WATER, VAN'S GLUTEN FREE WHOLE GRAIN MIX (BROWN RICE FLOUR, MILLET, TEFF, BUCKWHEAT, SORGHUM, AMARANTH, QUINOA), TAPIOCA STARCH, NON-GMO EXPELLER PRESSED CANOLA OIL, INULIN, POTATO STARCH, CANE SUGAR, RICE BRAN, CONTAINS 2% OR LESS: BAKING POWDER (SODIUM ACID PYROPHOSPHATE, BAKING SODA, RICE FLOUR, MONOCALCIUM PHOSPHATE), VAN'S NATURAL FRUIT JUICE BLEND (PINEAPPLE, PEACH AND PEAR JUICE CONCENTRATES), FLAXSEED, SUNFLOWER LECITHIN AND/OR SOY LECITHIN, CINNAMON, CALCIUM CARBONATE, RICE FLOUR, GUAR GUM, VANILLA EXTRACT, SEA SALT. CONTAINS SOY.

Allergens and Diet (Case GTIN: 10089947302849)

Allergen Information Not Available Suitable For Diet
Kosher Yes
Gluten Free Yes

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Kosher Yes
Gluten Free Yes

F2192 C

Van's® Simply Delicious Gluten-Free Waffles, Ancient Grains, 6

Count (Frozen)

Dot #: 587828
Mfr #: 30284
GTIN: 10089947302849
Supplier: Sara Lee Foods
Description: Van's® Simply Delicious Gluten-Free Waffles, Ancient Grains, 6 Count (Frozen)

Product Information

Classification: Cakes - Sweet (Frozen) (10000170)
Dimensions (HxWxD): 9.44 x 9.94 x 15.56 Inch
Weight Gross / Net: 7.52 Pound / 6 Pound
Origin: (US) UNITED STATES
Storage Temperature: 0° to 27°
Pallet Configuration: Ti:12 Hi:4
Servings Per Container: 3

Features and Benefits (Case GTIN: 10089947302849)

Features: Made with our ancient grains blend of millet, teff, quinoa, brown rice, sorghum, buckwheat, and amaranth, Van's® Simply Delicious Gluten-Free Ancient Grains Waffles are a delicious addition to your favorite breakfast. Packed with 20g of nutrient-dense whole grains, our high-fiber Ancient Grains Waffles are sure to keep you full and satisfied all morning. Try them topped with a drizzle of real maple syrup and fresh berries for a delicious breakfast or snack. This product is certified Kosher and has no hydrogenated oils, artificial colors, flavors, or preservatives. Here at Van's® Foods, we take the idea of giving you and your family wholesome, nutritious food seriously. However, we're also in the business of making seriously tasty foods with good for you ingredients. Made without GMOs, preservatives, or artificial flavors, you can have wholesome foods that are awesome too. Van's® - Wholesome Made Awesome.

Preparation and Cooking: Bake - Keep frozen until ready to use. Do not refreeze thawed product. Appliances vary; setting or time may need adjustment. For best results, refer to manufacturer's instructions.

TOASTER:

1. Set toaster to LOW. Place waffles in toaster.
2. Toast 1-2 cycles until hot.

TOASTER OVEN:

1. Set toaster oven to TOAST. Place waffles directly on rack.
2. Toast 1-2 cycles until hot.

OVEN:

1. Preheat oven to 400°F. Place waffles on a baking sheet.
2. Bake 6-8 minutes until hot.

CAUTION: PRODUCT WILL BE HOT. Children should not use toaster without adult supervision. Do not leave toaster unattended. Do not use metal objects to remove waffles from toaster.

Serving Suggestions: Try them topped with a drizzle of real maple syrup and fresh berries for a delicious breakfast or snack.

Storage: Keep Frozen

Features and Benefits (Consumer or Base GTIN: 00089947302842)

Features: Made with our ancient grains blend of millet, teff, quinoa, brown rice, sorghum, buckwheat, and amaranth, Van's® Simply Delicious Gluten-Free Ancient Grains Waffles are a delicious addition to your favorite breakfast. Packed with 20g of nutrient-dense whole grains, our high-fiber Ancient Grains Waffles are sure to keep you full and satisfied all morning. Try them topped with a drizzle of real maple syrup and fresh berries for a delicious breakfast or snack. This product is certified Kosher and has no hydrogenated oils, artificial colors, flavors, or preservatives. Here at Van's® Foods, we take the idea of giving you and your family wholesome, nutritious food seriously. However, we're also in the business of making seriously tasty foods with good for you ingredients. Made without GMOs, preservatives, or artificial flavors, you can have wholesome foods that are awesome too. Van's® - Wholesome Made Awesome.

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