



1 BOX = 1 FREE BOOK

See back for details. *Caja = 1 libro gratis. Ver detalles en la parte posterior.

FEEDING READING

200 CALORIES
2.5g SAT FAT 13% DV
370mg SODIUM 16% DV
9g TOTAL SUGARS

PER 2 WAFFLES

Kellogg's
Eggo

Waffles
Chocolatey Chip

NO ARTIFICIAL COLORS OR FLAVORS
9 VITAMINS AND MINERALS

10 WAFFLES

NET WT/PESO NETO
12.3 OZ (349g)

Nutrition Facts

Datos de Nutrición

5 servings per container/5 raciones por envase
Serving size/Tamaño por ración
2 Waffles/2 Waffles (70g)

Amount per serving/Cantidad por ración

Calories/Calorías 200

% Daily Value* / % Valor Diario*

Total Fat/Grasa Total 7g	9%
Saturated Fat/Grasa Saturada 2.5g	13%
Trans Fat/Grasa Trans 0g	
Cholesterol/Colesterol 5mg	2%
Sodium/Sodio 370mg	16%
Total Carbohydrate/Carbohidrate Total 32g	12%
Dietary Fiber/Fibra Dietética <1g	3%
Total Sugars/Azúcares Totales 9g	
Incl. 9g Added Sugars/Incl. 9g azúcares añadidos	18%
Protein/Proteínas 4g	

Vitamin D/Vitamina D 0mcg 0%	Calcium/Calcio 260mg 20%
Iron/Hierro 3.5mg 20%	Potassium/Potasio 60mg 0%
Vitamin A/Vitamina A 20%	Riboflavin/Riboflavina 10%
Niacin/Niacina 10%	Vitamin B ₆ /Vitamina B ₆ 10%
Folate/Folato 75mcg DFE 15%	Vitamin B ₁₂ /Vitamina B ₁₂ 10%
(45mcg folic acid/ácido fólico)	
Phosphorus/Fósforo 10%	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice. †% Daily Value (DV) is not a daily requirement, it is a guideline. ‡% Daily Value (DV) is not a daily requirement, it is a guideline. ††% Daily Value (DV) is not a daily requirement, it is a guideline. †††% Daily Value (DV) is not a daily requirement, it is a guideline. ††††% Daily Value (DV) is not a daily requirement, it is a guideline. †††††% Daily Value (DV) is not a daily requirement, it is a guideline.

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, vitamin B₁, [thiamin mononitrate], vitamin B₂, [riboflavin], folic acid), water, sugar, vegetable oil (soybean, palm, palm kernel, canola and/or cottonseed), eggs, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), cocoa, molasses, salt, dextrose, natural flavors, chocolate, soy lecithin, nonfat milk.

Vitamins and Minerals: Calcium carbonate, reduced iron, vitamin A palmitate, vitamin B₆ (pyridoxine hydrochloride), vitamin B₁₂.

CONTAINS WHEAT, EGG, SOY AND MILK INGREDIENTS.

Ingredientes: Harina enriquecida (harina de trigo, niacina, hierro reducido, vitamina B₁, [mononitrato de tiamina], vitamina B₂, [riboflavina], ácido fólico), agua, azúcar, aceite vegetal (soya, palma, palmiste, canola, v/o semilla de algodón), huevos, contiene 2% o menos de agentes leudantes (bicarbonato de sodio, fosfato de aluminio y sodio, fosfato monocalcico), cacao, melaza, sal, dextrosa, sabores naturales, chocolate, lecitina de soya, leche en polvo descremada.

Vitamins y Minerales: Carbonato de calcio, hierro reducido, palmitato de vitamina A, vitamina B₆ (clorhidrato de piridoxina), vitamina B₁₂.

CONTIENE INGREDIENTES DE TRIGO, HUEVO, SOYA Y LECHE.

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