

068615140327 - Krusteaz Whole Grain Maple Waffle Sticks

Nutrition Facts

- Product code: 068615140327
- SCC: 1-06-86151-40327-2
- Category: Krusteaz Bakery Chef
- Piece weight: 2.33 oz.
- Item Dimensions: -
- Size: 72/2.33 oz. pouches
- Total by Cs: 72
- Net weight: 10.5
- Gross weight: 12
- Case dimensions: 17 x 12.75 x 7.25
- Case Cube: 0.91
- Pallet: 80
- Tie: 8
- High: 10
- Min. storage temperature: -10
- Max. storage temperature: +10
- Frozen Shelf Life: 365
- Kosher: Yes

Serving size 3 sticks - 66 g (1 pouch)
 Calories 190
 Calories from fat 60

	Amount per serving	% daily value*
Total fat	7g	11%
Trans Fat	-	-
Saturated fat	2g	10%
Cholesterol	20mg	7%
Sodium	210mg	9%
Potassium	-	-
Total carbohydrate	22g	7%
Dietary Fiber	3g	12%
Sugars	9g	-
Protein	3g	-

Vitamin A	-	Vitamin C	-
Calcium	4%	Iron	8%

Thiamin - Riboflavin -
 Niacin - USDA School Lunch: Bread/Starch 2
 Folate - Phosphorous -

*Percent daily values are based on a 2,000 calorie diet. Your daily value may be higher or lower, depending on your calorie needs.

Ingredients

WHOLE WHEAT FLOUR, WATER, MAPLE FLAVORED BITS [SUGAR, VEGETABLE OIL, (PALM, PALM KERNEL), WHEAT FLOUR, COCOA POWDER, GLUCOSE, EXTRACTIVES OF FOENUGREEK, MAPLE SUGAR, CARAMEL COLOR, SOY LECITHIN], SUGAR, EGGS, SOYBEAN OIL, EGG WHITES, CONTAINS TWO PERCENT OR LESS OF: NONFAT DRY MILK, NATURAL AND ARTIFICIAL FLAVORS, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), DEXTROSE, CARAMEL COLOR, GLYCERIN, CORN SYRUP, MODIFIED CORN STARCH, MALTODEXTRIN, SALT, SOY LECITHIN (EMULSIFIER).

Allergen statement

CONTAINS: EGGS, MILK, SOY AND WHEAT.

Preparation Directions

	Convection Oven*	Conventional Oven*
Thawed	-	-
Frozen	Preheat oven to 350° F. Place pouches in a single layer on baking sheet. Heat for 5 to 6 minutes.	Preheat oven to 350°F. Place pouches in a single layer on baking sheet. Heat for 6 to 7 minutes.
Microwave Oven**	Place pouch in oven. Heat for 28 to 33 seconds on full power (HIGH). Note: Microwave ovens may vary so adjust heating accordingly	
Holding Time	-	

*This represents ranges. Adjustments may need to be made based on your oven conditions.

**Microwave ovens vary in power, cook timers may need adjustments.

See also:

[Krusteaz Whole Grain Chocolate Chip Mini Pancakes](#)
[Krusteaz Whole Grain Maple Mini Pancakes](#)