

# Appleways Maple Waffle Snaps

## Nutrition Facts

1 servings per container

**Serving size** 1 per pack (54g)

**Amount Per Serving**

**Calories** **230**

**% Daily Value\***

**Total Fat** 7g **9%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 180mg **8%**

**Total Carbohydrate** 40g **15%**

Dietary Fiber 3g **11%**

Total Sugars 16g

Includes 15g Added Sugars **30%**

**Protein** 3g **6%**

Vitamin D 0mcg **0%**

Calcium 10mg **0%**

Iron 1mg **6%**

Potassium 85mg **2%**

\*The % Daily Value (DV) 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.