

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>2.7 oz (76g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 6g	
Includes 0g of Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 140mg	<b>10%</b>
Iron 0.4mg	<b>2%</b>
Potassium 170mg	<b>4%</b>

\* 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.

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Cake Cone: Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Tapioca Flour, Sugar, Vegetable Oil Shortening (Soybean and/or Canola Oil, Modified Palm Oil, Soy Lecithin, and/or Partially Hydrogenated Soybean Oil), Leavening (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Natural Flavor, Annatto (Vegetable Color).  
 CONTAINS: MILK, WHEAT, SOY.

# Nutrition Facts

1 servings per container

**Serving size** 5.2 oz (146g)

**Amount per serving**  
**Calories** 200

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 120mg 5%

**Total Carbohydrate** 41g 15%

Dietary Fiber <1g 4%

Total Sugars 11g

Includes 0g of Added Sugars 0%

**Protein** 8g

Vitamin D 0mcg 0%

Calcium 280mg 20%

Iron 0.4mg 2%

Potassium 330mg 8%

\*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.

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Cake Cone: Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Tapioca Flour, Sugar, Vegetable Oil Shortening (Soybean and/or Canola Oil, Modified Palm Oil, Soy Lecithin, and/or Partially Hydrogenated Soybean Oil), Leavening (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Natural Flavor, Annatto (Vegetable Color).  
CONTAINS: MILK, WHEAT, SOY.

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>7.7 oz (216g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 60g	<b>22%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 17g	
Includes 0g of Added Sugars	<b>0%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	<b>0%</b>
Calcium 420mg	<b>30%</b>
Iron 0.4mg	<b>2%</b>
Potassium 500mg	<b>10%</b>
* 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.	

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Cake Cone: Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Tapioca Flour, Sugar, Vegetable Oil Shortening (Soybean and/or Canola Oil, Modified Palm Oil, Soy Lecithin, and/or Partially Hydrogenated Soybean Oil), Leavening (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Natural Flavor, Annatto (Vegetable Color).  
**CONTAINS: MILK, WHEAT, SOY.**

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>10.2 oz (286g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>370</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 78g	<b>28%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 23g	
Includes 0g of Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	<b>0%</b>
Calcium 560mg	<b>45%</b>
Iron 0.4mg	<b>2%</b>
Potassium 660mg	<b>15%</b>
*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.	

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Cake Cone: Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Tapioca Flour, Sugar, Vegetable Oil Shortening (Soybean and/or Canola Oil, Modified Palm Oil, Soy Lecithin, and/or Partially Hydrogenated Soybean Oil), Leavening (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Natural Flavor, Annatto (Vegetable Color).  
**CONTAINS: MILK, WHEAT, SOY.**

<b>Nutrition Facts</b>		
1 servings per container		
<b>Serving size</b>	<b>2.5 oz (70g)</b>	
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<b>Amount per serving</b>	<b>90</b>	
<b>Calories</b>		
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	<b>% Daily Value*</b>	
<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 55mg		<b>2%</b>
<b>Total Carbohydrate</b> 18g		<b>7%</b>
Dietary Fiber 0g		<b>0%</b>
Total Sugars 6g		
Includes 0g of Added Sugars		<b>0%</b>
<b>Protein</b> 4g		
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Vitamin D 0mcg		<b>0%</b>
Calcium 140mg		<b>10%</b>
Iron 0mg		<b>0%</b>
Potassium 160mg		<b>4%</b>
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<small>*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.</small>		

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate.  
**CONTAINS: MILK.**

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>5 oz (140g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber <1g	<b>4%</b>
Total Sugars 11g	
Includes 0g of Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 280mg	<b>20%</b>
Iron 0mg	<b>0%</b>
Potassium 320mg	<b>6%</b>
<small>* 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.</small>	

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate.  
**CONTAINS: MILK.**

# Nutrition Facts

1 servings per container

**Serving size** 7.5 oz (210g)

**Amount per serving**

**Calories** 260

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 170mg 7%

**Total Carbohydrate** 55g 20%

Dietary Fiber 1g 4%

Total Sugars 17g

Includes 0g of Added Sugars 0%

**Protein** 11g

Vitamin D 0mcg 0%

Calcium 420mg 30%

Iron 0mg 0%

Potassium 490mg 10%

\*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.

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate.  
CONTAINS: MILK.

# Nutrition Facts

1 servings per container

**Serving size** 10 oz (280g)

Amount per serving

**Calories** 350

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 220mg 10%

**Total Carbohydrate** 73g 27%

Dietary Fiber 1g 4%

Total Sugars 22g

Includes 0g of Added Sugars 0%

**Protein** 14g

Vitamin D 0mcg 0%

Calcium 560mg 45%

Iron 0mg 0%

Potassium 650mg 15%

\*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.

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate.  
CONTAINS: MILK.



# Nutrition Facts

1 servings per container

**Serving size** 3 oz (83g)

**Amount per serving**

**Calories** 140

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 75mg 3%

**Total Carbohydrate** 30g 11%

Dietary Fiber 0g 0%

Total Sugars 9g

Includes 3g of Added Sugars 6%

**Protein** 4g

Vitamin D 0mcg 0%

Calcium 160mg 10%

Iron 0.4mg 2%

Potassium 180mg 4%

\*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.

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Sugar Cone: Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Tapioca Flour, Sugar, Vegetable Shortening (Soybean and/or Canola Oil, Modified Palm Oil, Soy Lecithin, and/or Partially Hydrogenated Soybean Oil), Oat Fiber and/or Vegetable Fiber, Salt, Caramel Color, Artificial Flavor, Soy Lecithin. CONTAINS: MILK, WHEAT, SOY.

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>5.5 oz (153g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 48g	<b>17%</b>
Dietary Fiber <1g	<b>4%</b>
Total Sugars 14g	
Includes 3g of Added Sugars	<b>6%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 300mg	<b>25%</b>
Iron 0.4mg	<b>2%</b>
Potassium 350mg	<b>8%</b>

\* 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.

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Sugar Cone: Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Tapioca Flour, Sugar, Vegetable Shortening (Soybean and/or Canola Oil, Modified Palm Oil, Soy Lecithin, and/or Partially Hydrogenated Soybean Oil), Oat Fiber and/or Vegetable Fiber, Salt, Caramel Color, Artificial Flavor, Soy Lecithin. CONTAINS: MILK, WHEAT, SOY.

# Nutrition Facts

1 servings per container  
**Serving size 8 oz (223g)**

**Amount per serving**  
**Calories 310**

**% Daily Value\***

<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
<i>Trans</i> Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	190mg	<b>8%</b>
<b>Total Carbohydrate</b>	67g	<b>24%</b>
Dietary Fiber	1g	<b>4%</b>
Total Sugars	20g	
Includes 3g of Added Sugars		<b>6%</b>
<b>Protein</b>	11g	
Vitamin D	0mcg	<b>0%</b>
Calcium	440mg	<b>35%</b>
Iron	0.4mg	<b>2%</b>
Potassium	510mg	<b>10%</b>

\*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.

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Sugar Cone: Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Tapioca Flour, Sugar, Vegetable Shortening (Soybean and/or Canola Oil, Modified Palm Oil, Soy Lecithin, and/or Partially Hydrogenated Soybean Oil), Oat Fiber and/or Vegetable Fiber, Salt, Caramel Color, Artificial Flavor, Soy Lecithin. CONTAINS: MILK, WHEAT, SOY.

<b>Nutrition Facts</b>		
1 servings per container		
<b>Serving size</b>	<b>10.5 oz (293g)</b>	
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<b>Amount per serving</b>	<b>400</b>	
<b>Calories</b>		
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	<b>% Daily Value*</b>	
<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 240mg		<b>10%</b>
<b>Total Carbohydrate</b> 85g		<b>31%</b>
Dietary Fiber 1g		<b>4%</b>
Total Sugars 25g		
Includes 3g of Added Sugars		<b>6%</b>
<b>Protein</b> 15g		
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Vitamin D 0mcg		<b>0%</b>
Calcium 580mg		<b>45%</b>
Iron 0.4mg		<b>2%</b>
Potassium 670mg		<b>15%</b>
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*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.		

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Sugar Cone: Enriched Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Tapioca Flour, Sugar, Vegetable Shortening (Soybean and/or Canola Oil, Modified Palm Oil, Soy Lecithin, and/or Partially Hydrogenated Soybean Oil), Oat Fiber and/or Vegetable Fiber, Salt, Caramel Color, Artificial Flavor, Soy Lecithin. CONTAINS: MILK, WHEAT, SOY.

# Nutrition Facts

1 servings per container

**Serving size** 3.6 oz (100g)

**Amount per serving**  
**Calories** **210**

**% Daily Value\***

**Total Fat** 3g **4%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 10mg **3%**

**Sodium** 55mg **2%**

**Total Carbohydrate** 41g **15%**

Dietary Fiber 0g **0%**

Total Sugars 16g

Includes 10g of Added Sugars **20%**

**Protein** 5g

Vitamin D 0mcg **0%**

Calcium 140mg **10%**

Iron 0.6mg **4%**

Potassium 160mg **4%**

\*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.

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Waffle Cone: Enriched Bleached Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Vegetable Shortening (Partially Hydrogenated Soybean and Cottonseed Oils), Whole Egg, Artificial Flavor (Including Maltodextrin, Modified Cornstarch, Butter, Buttermilk), Dextrose, Soy Lecithin, Artificial Vanilla Flavor.  
CONTAINS: MILK, WHEAT, EGG, SOY.

# Nutrition Facts

1 servings per container  
**Serving size 6.1 oz (170g)**

**Amount per serving**  
**Calories 300**

**% Daily Value\***

<b>Total Fat</b>	3g	<b>4%</b>
Saturated Fat	1g	<b>5%</b>
<i>Trans</i> Fat	0g	
<b>Cholesterol</b>	10mg	<b>3%</b>
<b>Sodium</b>	110mg	<b>5%</b>
<b>Total Carbohydrate</b>	59g	<b>21%</b>
Dietary Fiber	<1g	<b>4%</b>
Total Sugars	21g	
Includes 10g of Added Sugars		<b>20%</b>
<b>Protein</b>	9g	
Vitamin D	0mcg	<b>0%</b>
Calcium	280mg	<b>20%</b>
Iron	0.6mg	<b>4%</b>
Potassium	320mg	<b>6%</b>

\*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.

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Waffle Cone: Enriched Bleached Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Vegetable Shortening (Partially Hydrogenated Soybean and Cottonseed Oils), Whole Egg, Artificial Flavor (Including Maltodextrin, Modified Cornstarch, Butter, Buttermilk), Dextrose, Soy Lecithin, Artificial Vanilla Flavor.  
**CONTAINS: MILK, WHEAT, EGG, SOY.**

# Nutrition Facts

1 servings per container  
**Serving size 8.6 oz (240g)**

**Amount per serving**  
**Calories 390**

**% Daily Value\***

<b>Total Fat</b>	3g	<b>4%</b>
Saturated Fat	1g	<b>5%</b>
<i>Trans</i> Fat	0g	
<b>Cholesterol</b>	10mg	<b>3%</b>
<b>Sodium</b>	170mg	<b>7%</b>
<b>Total Carbohydrate</b>	77g	<b>28%</b>
Dietary Fiber	1g	<b>4%</b>
Total Sugars	27g	
Includes 10g of Added Sugars		<b>20%</b>
<b>Protein</b>	12g	
Vitamin D	0mcg	<b>0%</b>
Calcium	420mg	<b>30%</b>
Iron	0.6mg	<b>4%</b>
Potassium	490mg	<b>10%</b>

\*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.

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Waffle Cone: Enriched Bleached Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Vegetable Shortening (Partially Hydrogenated Soybean and Cottonseed Oils), Whole Egg, Artificial Flavor (Including Maltodextrin, Modified Cornstarch, Butter, Buttermilk), Dextrose, Soy Lecithin, Artificial Vanilla Flavor.  
**CONTAINS: MILK, WHEAT, EGG, SOY.**

# Nutrition Facts

1 servings per container  
**Serving size 11.1 oz (310g)**

**Amount per serving**  
**Calories 470**

**% Daily Value\***

<b>Total Fat</b>	3g	<b>4%</b>
Saturated Fat	1g	<b>5%</b>
<i>Trans</i> Fat	0g	
<b>Cholesterol</b>	10mg	<b>3%</b>
<b>Sodium</b>	220mg	<b>10%</b>
<b>Total Carbohydrate</b>	96g	<b>35%</b>
Dietary Fiber	1g	<b>4%</b>
Total Sugars	33g	
Includes 10g of Added Sugars		<b>20%</b>
<b>Protein</b>	16g	
Vitamin D	0mcg	<b>0%</b>
Calcium	560mg	<b>45%</b>
Iron	0.6mg	<b>4%</b>
Potassium	650mg	<b>15%</b>

\*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.

**Ingredients:** Skim Milk, Lactitol, Maltodextrin, Cellulose Gel, Mono & Diglycerides, Cellulose Gum, Sucralose, Carrageenan, Nonfat Milk Solids, Vanillin, Caramel Color, Vitamin A Palmitate. Waffle Cone: Enriched Bleached Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Vegetable Shortening (Partially Hydrogenated Soybean and Cottonseed Oils), Whole Egg, Artificial Flavor (Including Maltodextrin, Modified Cornstarch, Butter, Buttermilk), Dextrose, Soy Lecithin, Artificial Vanilla Flavor.  
**CONTAINS: MILK, WHEAT, EGG, SOY.**