

J & J Snack Foods 5 Inch Trans Fat Free Dutch Waffle Cakes, Frozen, 2.93 Ounce, 8 Ct Bag, 6/CaseItem Number: 607351  

These Dutch waffle cakes provide a good source of whole grains.

- Contains zero grams trans fat




Case (6/8 Count Bag)

\$0.39/ea

\$18.90[Print](#)

Nutrition

Based On:

AP Funnel Cake, 5" WGrain, 2.93z-J&J 

Rounding:

On 

Ingredients

Whole Wheat Flour, Enriched Wheat Flour (flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Sugar, Water, Vegetable Shortening (palm oil and soybean oil), Contains 2% or Less of: Artificial Flavor, Cellulose Gum, Dextrose, Egg Yolk, Leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), Mono & Diglycerides, Nonfat Milk, Salt, Soybean Oil, Soy Flour. COMMON ALLERGENS PRESENT: Egg, Milk, Soy, Wheat. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated December 2016. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size 1 each (83g)	
Amount Per Serving	
Calories 300	Calories From Fat 117
% Daily Value *	
Fat 13g	20%
Saturated Fat 3g	15%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 20mg	7%
Sodium 350mg	15%
Potassium	n/a
Carbohydrates 43g	14%
Fiber 3g	12%
Sugar 12g	
Protein 4g	8%
Vitamin A 10% Vitamin C 0% Calcium 4% Iron 10%	
* Based on a 2000 calorie diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	1 Each
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

Meat/Meat Alternative	0 oz
Grain/Breads	2 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	No PFS on file

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	40 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a