



Gluten Free Waffles

ANCIENT GRAINS

Baked with tasty whole grains – without gluten, dairy, or egg.

Packed with 23g nutrient-dense whole grains and 6g fiber, these gluten free ancient grains waffles might just be our best creation yet!



(./our-products?attr=3:kosher)



(./our-products?attr=3:nutfree)



(./our-products?attr=3:eggfree)



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(./our-products?attr=3:GlutenFree)



(./our-products?attr=3:dairyfree)



(./our-products?attr=3:cornfree)



(./our-products?attr=3:NoArtificialFlavors)

NUTRITIONAL INFO:

Nutrition Facts

3 servings per container
Serving size 2 WAFFLES (85g)

PROUDLY, OUR INGREDIENTS:

WATER, VAN'S GLUTEN FREE WHOLE GRAIN MIX

ALLERGENS:

Soy

| Amount per serving | |
|-------------------------------|------------|
| Calories 180 | |
| % Daily Value* | |
| Total Fat 5g | 6% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 230mg | 10% |
| Total Carbohydrate 31g | 11% |
| Dietary Fiber 3g | 11% |
| Total Sugars 3g | |
| Includes 3g Added Sugars | 6% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 200mg | 15% |
| Iron 1mg | 6% |
| Potassium 90mg | 2% |

Disclaimer: The Van's Foods website features Nutritional Facts compliant with the revised FDA label requirements. Products purchased in market may still reflect older Nutritional Facts labels.

(BROWN RICE FLOUR, MILLET, TEFF, BUCKWHEAT, SORGHUM, AMARANTH, QUINOA), TAPIOCA STARCH, NON-GMO EXPELLER PRESSED CANOLA OIL, INULIN, POTATO STARCH, CANE SUGAR, RICE BRAN, CONTAINS 2% OR LESS: BAKING POWDER (SODIUM ACID PYROPHOSPHATE, BAKING SODA, RICE FLOUR, MONO CALCIUM PHOSPHATE), VAN'S NATURAL FRUIT JUICE BLEND (PINEAPPLE, PEACH AND PEAR JUICE CONCENTRATES), FLAXSEED, SUNFLOWER LECITHIN AND OR SOY LECITHIN, CINNAMON, CALCIUM CARBONATE, RICE FLOUR, GUAR GUM, VANILLA EXTRACT, SEA SALT

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