

## Gluten Free High Protein Waffle Mix

### Nutrient Analysis per 100g

Calories	358.63 kcal
Calories from Fat	14.83kcal
Calories from Sat Fat	0.94kcal
Saturated Fat	0.10g
Poly Fat	0.00g
Mono Fat	0.00g
Cholesterol	0.00mg
Carbohydrates	66.58g
Dietary Fiber	6.31g
Soluble Fiber	0.00g
Total Sugars	6.65g
Protein	14.14g
Vitamin A	0U
Vitamin C	0mg
Vitamin D	0mcg
Vitamin E-Alpha Toco	0mg
Vitamin B1	0mg
Vitamin B2	0mg
Vitamin B6	0 mg
Vitamin B12	0mcg
Phosphorus	0mg
Potassium	658.52mg
Magnesium	0.01mg
Calcium	193.75mg
Zinc	0.00mg
Sodium	1378.01 mg
Iodine	0mcg
Retinol RE(RE)	0
Beta-Carotene	0mcg
Iron	0.0mg

**Ingredient Composition:** NLM All Purpose Gluten Free Flour Blend (whole Grain Sorghum Flour, Potato Starch, Tapioca Starch, Xanthan Gum), Fava Bean Protein, Baking Powder, Cane Sugar, Salt

**Allergen information:** None

**Packaging:** Product available in 5 lb. or 25 lb. food grade polyethylene bag.

**Shelf Life & Storage:** 12 months from date of production in a dry and closed container/bag. Product can be stored adequately at an ambient temperature of 72°F (22-24°C).

**Instruction for use:** In a large mixing bowl add 2 Tablespoons (29.5g) of melted butter or oil of choice. 1 large blended fresh egg (~47g) and 2/3 cup (182g) milk of your choice. Whisk wet ingredients well. Add 1 cup (130g) Gluten-Free Dry Waffle Mix to the wet ingredients and blend well. Preheat waffle iron. Drop by scoopful into a well-oiled or non-stick waffle iron. Close lid and cook until steam stop and light golden brown about 3-5 minutes.