



Smart Snacks
Product Calculator
Results

Brand:
MJM

Product Name:
Maple Waffle Graham

Serving Size:
28.00 g

First Ingredient:
Whole Wheat Flour

• Your whole grain product meets all
nutrient standards.

Nutrition Facts

Serving Size 28.00 g ⓘ

Amount Per Serving

Calories 110

Calories from Fat 30

Total Fat (g) 3.5

Saturated Fat (g) 0.5

Trans Fat (g) 0

Sodium (mg) 113

Carbohydrates

Sugars (g) 7

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

