Product Feature

Canadian Harvest[®] HF 610-03





Keto-Friendly Waffle/Pancake Mix Gluten-Free with 3g Net Carbs

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Ingredient List

	Timonou //
Almond flour	48.41
Coconut flour	11.97
• Egg powder	9.62
 Canadian Harvest[®] Oat Fiber HF 610-03 	8.85
Erythritol/monkfruit	8.69
Tapioca starch	7.80
Baking powder	3.35
• Salt	1.31

Batter	Finished %
• Dry mix	35.15
• Water	64.85

Benefits

Oat Fiber Canadian Harvest® HF 610-03

- Increases batter viscosity/structure
- · Increases water binding for enhanced yield
- Contributes to an "excellent source of" fiber claim
- Contributes 0 kcal/g and 0 net carbs

Serving size (85g as prepared) Amount per serving		
Calories	130	
%	Daily Value	
Total Fat 9g	12%	
Saturated Fat 1.5g	8%	
Trans Fat 0g		
Cholesterol 45mg	15%	
Sodium 170mg	7%	
Total Carbohydrate 12g	4%	
Dietary Fiber 6g	21%	
Total Sugars 1g		
Includes 1g Added Sugars	2%	
Sugar Alcohol 3g		
Protein 5g		
Vitamin D 0mcg	0%	
Calcium 247mg	20%	
Iron 1mg	6%	
Potassium 121mg	2%	

Test

*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.





Finished %

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