

Nutrition Facts

Serving Size 1 Waffle (30g)

Calories 140

Fat Calories 50

Not a significant source of trans fat, cholesterol, vitamin A, vitamin C, calcium, and iron.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount Per Serving	%DV*	Amount Per Serving	%DV*
Total Fat 6g	9%	Dietary Fiber 1g	4%
Saturated Fat 2.5g	13%	Sugars 10g	
Sodium 75mg	3%	Protein 0g	
Total Carb. 21g	7%		

95% ORGANIC

INGREDIENTS: FLOUR BLEND (ORGANIC RICE FLOUR, ORGANIC TAPIOCA FLOUR, ORGANIC POTATO STARCH), ORGANIC APIOCHA SYRUP, ORGANIC PALM FRUIT OIL, ORGANIC CANE SUGAR, ORGANIC EGGS, ORGANIC SOY FLOUR, AMINO BLEND (L-LEUCINE, L-VALINE, L-ISOLEUCINE), NATURAL FLAVORS, SEA SALT, XANTHAN GUM, BAKING SODA, SOY LECITHIN, ORGANIC RICE EXTRACT, GREEN TEA (LEAF) EXTRACT (CONTAINS CAFFEINE), CONTAINS EGG AND SOY. **MAY CONTAIN MILK.**

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GLUTEN-FREE



ENERGY

Stroopwafel

Dutch-style syrup waffle

WILD BERRIES
Naturally flavored

450mg **AMINO ACIDS**
75mg **SODIUM**
20mg **CAFFEINE**

140 Calories

NET WT 1.1 OZ (30g)

Gluten-Free



HOW TO Stroopwafel:



Warm it



Bite it



Enjoy it

Stroopwafel [Ströp] + [vå+fel]

noun: Dutch-style syrup waffle. Origin: Late 18th century, The Netherlands.

We've been inspired by 18th century Netherlands to create our irresistible **Energy Stroopwafel**. This gluten-free addition to the **GU Nutrition Matrix** tastes great with your morning coffee, during a gran fondo or ultra-marathon, and anytime you are looking for an alternative energy source to power your performance. Not your average waffle, this syrup-filled creation has the nutrients that make GU products great: like essential amino acids, electrolytes, and carbohydrates.

We can't wait to see where you'll take us!



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