

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.

95% ORGANIC

INGREDIENTS: FLOUR BLEND (ORGANIC RICE FLOUR, ORGANIC TAPIOCA FLOUR, ORGANIC POTATO STARCH), ORGANIC TAPIOCA SYRUP, ORGANIC PALM FRUIT OIL, ORGANIC CANE SUGAR, ORGANIC EGGS, ORGANIC COCOA, ORGANIC SOY FLOUR, AMINO BLEND (L-LEUCINE, L-VALINE, L-ISOLEUCINE), SEA SALT, XANTHAN GUM, BAKING SODA, SOY LECTHIN, ORGANIC RICE EXTRACT.
CONTAINS EGG AND SOY. MAY CONTAIN MILK.

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GLUTEN-FREE

Amount Per Serving %DV* Amount Per Serving %DV*

Total Fat 6g **9%** **Dietary Fiber** 1g **4%**

Saturated Fat 2.5g **13%** **Sugars** 10g

Sodium 150mg **6%** **Protein** 0g

Total Carb. 21g **7%**



ENERGY

Stroopwafel

Dutch-style syrup waffle

SALTED
CHOCOLATE

450mg **AMINO ACIDS**
150mg **SODIUM**
NO CAFFEINE

140 Calories

NET WT 1.1 OZ (30g)

Gluten-Free



Warm it



Bite it



Enjoy it

Stroopwafel [Ströp] + [vå+fæl]

HOW TO Stroopwafel:

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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