

Nutrition Facts

Serving Size 1 Waffle (32g)

Calories 150

Fat Calories 60

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

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

Amount Per Serving	%DV*	Amount Per Serving	%DV*
Total Fat 6g	9%	Total Carb. 23g	8%
Saturated Fat 3g	15%	Dietary Fiber 1g	4%
Cholesterol 5mg	2%	Sugars 10g	
Sodium 75mg	3%	Protein 1g	
Iron 4%			

55% ORGANIC

INGREDIENTS: WHEAT FLOUR, ORGANIC PALM FRUIT OIL, ORGANIC CANE SUGAR, ORGANIC EGGS, SOY FLOUR, AMINO BLEND (L-LEUCINE, L-VALINE, L-ISOLEUCINE), NATURAL FLAVORS, SEA SALT, SOY LECITHIN, ORGANIC RICE EXTRACT, BAKING SODA, GREEN TEA (LEAF EXTRACT) (CONTAINS CAFFEINE),

CONTAINS WHEAT, EGG AND SOY. MAY CONTAIN MILK.

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ENERGY

Stroopwafel

Dutch-style syrup waffle

CARAMEL COFFEE

Naturally flavored

450mg AMINO ACIDS

75mg SODIUM

20mg CAFFEINE

150 Calories

NET WT 1.1 OZ (32g)



Warm it



Bite it



Enjoy it

HOW TO Stroopwafel:

Stroopwafel [Ströp] + [vä + fæl]

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 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!



We can deliver into THE MATRIX. For full list of GU sponsored partners, visit guenergy.com

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