

# Dutch Waffle

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45898
<b>School:</b>	Highland Elementary		

## Ingredients

Description	Measurement	DistPart #
WAFFLE DUTCH WGRAIN 5IN	1 Each	607351
YOGURT VAN L/F	2/3 Cup	881161
SAUSAGE PTY CHIX CKD 1.5Z	1 Each	588510

## Preparation Instructions

Oven: Preheat to 450 degrees F. Bake for 3-4 minutes.

Once heated, sprinkle with confectioner s sugar or other toppings as desired.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	520.00
<b>Fat</b>	21.00g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	715.00mg
<b>Carbohydrates</b>	68.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	30.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 247.00mg	<b>Iron</b> 2.16mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available