

Dutch Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-46108
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE DUTCH WGRAIN 5IN	1 Each	Basic Preparation Oven: Preheat to 450 degrees F. Bake for 3-4 minutes. Deep Fryer: Preheat to 375 degrees F. Fry for approximately 30 seconds. Once heated, sprinkle with confectioner s sugar or other toppings as desired.	607351

Preparation Instructions

Basic Preparation

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Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	300.00
Fat	13.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	350.00mg
Carbohydrates	43.00g
Fiber	3.00g
Sugar	12.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available
