

Nancy Drewberry Waffles with Fresh Berries

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-52383
School:	John Glenn High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE WGRAIN 4IN EGGOJI	2 Each		888284
SUGAR POWDERED 10X 12-2 PION	1 Teaspoon		859740
Variety of Fresh Fruits	1/4 Cup	Piazza item #45436	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	2.000
Fruit	0.250
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 2.00 Each			
Amount Per Serving			
Calories		224.86	
Fat		6.00g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		5.00mg	
Sodium		300.09mg	
Carbohydrates		40.65g	
Fiber		3.40g	
Sugar		15.06g	
Protein		4.00g	
Vitamin A	1000.00IU	Vitamin C	0.00mg
Calcium	268.56mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available
