

# EGGO HOMESTYLE WAFFLES



|               |                        |                |                  |
|---------------|------------------------|----------------|------------------|
| Servings:     | 1.00                   | Category:      | Grain            |
| Serving Size: | 2.00 Each              | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                  | Recipe ID:     | R-51356          |
| School:       | Manchester High School |                |                  |

## Ingredients

| Description       | Measurement | Prep Instructions | DistPart # |
|-------------------|-------------|-------------------|------------|
| WAFFLE HMSTYL 4IN | 2 Each      |                   | 103452     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <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: 2.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      |          | 180.00           |        |
| <b>Fat</b>           |          | 5.00g            |        |
| <b>SaturatedFat</b>  |          | 1.50g            |        |
| <b>Trans Fat*</b>    |          | 0.00g            |        |
| <b>Cholesterol</b>   |          | 5.00mg           |        |
| <b>Sodium</b>        |          | 350.00mg         |        |
| <b>Carbohydrates</b> |          | 30.00g           |        |
| <b>Fiber</b>         |          | 1.00g            |        |
| <b>Sugar</b>         |          | 4.00g            |        |
| <b>Protein</b>       |          | 4.00g            |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 260.00mg | <b>Iron</b>      | 3.60mg |

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

## Nutrition - Per 100g

No 100g Conversion Available