

Eggo Maple Syrup Waffles



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44247

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW	1 Package	Preheat oven to 450 degrees F. 2. Place frozen waffles flat on baking sheet and heat in the oven for about 5 minutes or until crispy and hot.	284811

Preparation Instructions

CCP Hot hold 135 or below

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 Serving

Amount Per Serving			
Calories		190.00	
Fat		5.00g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		210.00mg	
Carbohydrates		36.00g	
Fiber		4.00g	
Sugar		11.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	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