

# Dutch Waffle & Sausage Link

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-52409          |

## Ingredients

| Description                  | Measurement | Prep Instructions   | DistPart # |
|------------------------------|-------------|---|------------|
| WAFFLE DUTCH WGRAIN 5IN      | 1 Each      | 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     |
| SAUSAGE LNK CKD R/SOD IQF 1Z | 1 Each      | Best if Cook from Frozen, Cook thoroughly till product reaches an internal temperature of 165 degrees.  | 483162     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 1.000 |
| <b>Grain</b>                    | 2.000 |
| <b>Fruit</b>                    | 0.000 |
| <b>DarkGreen</b>                | 0.000 |
| <b>Red/Orange</b>               | 0.000 |
| <b>OtherVeg</b>                 | 0.000 |
| <b>Beans, Peas, and Lentils</b> | 0.000 |
| <b>Starchy</b>                  | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving       |                         |
|--------------------------|-------------------------|
| <b>Calories</b>          | 400.00                  |
| <b>Fat</b>               | 22.00g                  |
| <b>Saturated Fat</b>     | 6.00g                   |
| <b>Trans Fat</b>         | 0.00g                   |
| <b>Cholesterol</b>       | 40.00mg                 |
| <b>Sodium</b>            | 455.00mg                |
| <b>Carbohydrates</b>     | 44.00g                  |
| <b>Fiber</b>             | 3.00g                   |
| <b>Total Sugar</b>       | 13.00g                  |
| <b>Added Sugar</b>       | 11.00g                  |
| <b>Protein</b>           | 8.00g                   |
| <b>Vitamin A</b> 0.00mcg | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 40.00mg   | <b>Iron</b> 1.80mg      |

### Nutrition - Per 100g

No 100g Conversion Available