

Dutch Waffle

NO IMAGE

| | | | |
|----------------------|---------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-39387 |
| School: | Central Elementary School | | |

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 |

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 300.00 |
| Fat | 13.00g |
| Saturated Fat | 3.00g |
| Trans Fat | 0.00g |
| Cholesterol | 20.00mg |
| Sodium | 350.00mg |
| Carbohydrates | 43.00g |
| Fiber | 3.00g |
| Total Sugar | 12.00g |
| Added Sugar | 11.00g |
| Protein | 4.00g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 40.00mg | Iron 1.80mg |

Nutrition - Per 100g

No 100g Conversion Available