

Mini Waffles

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32489
School:	Knox High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW	1 Package		284811
WAFFLE MINI BLUEB WGRAIN IW	1 Package		269240
WAFFLE MINI MAPL WGRAIN IW	1 Package		269260

Preparation Instructions

Heat & Serve: Heat frozen Mini Waffle in ovenable pouch.

Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 7-9 minutes.

Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 11-13 minutes.

*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	200.00
Fat	5.67g
Saturated Fat	1.17g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	183.33mg
Carbohydrates	36.00g
Fiber	3.00g
Total Sugar	11.33g
Added Sugar	7.00g
Protein	3.67g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 110.00mg	Iron 2.03mg

Nutrition - Per 100g

No 100g Conversion Available
