



A Nutrition Resource

FRUITY BREAKFAST WAFFLES

Yield: 1 Servings | Serving Size: 1 waffle with toppings
Cost/Serving: \$0.61

Ingredients:

1 whole wheat frozen toaster waffle
1/4 cup low-fat plain or flavored yogurt
1/4 cup fresh, frozen, or canned fruit, cut into bite sized pieces

Directions:

- 1) Toast waffle. Cover toasted waffle with yogurt and top with fruit.



Nutrition Facts

1 servings per container
Serving size 1 waffle with toppings (123g)

Amount per serving
Calories 140

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 2g | 3% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 240mg | 10% |
| Total Carbohydrate 26g | 9% |
| Dietary Fiber 1g | 4% |
| Total Sugars 9g | |
| Includes 0g Added Sugars | 0% |
| Protein 5g | |
| Vitamin D 0mcg | 0% |
| Calcium 152mg | 10% |
| Iron 2mg | 10% |
| Potassium 91mg | 2% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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