

# BLUEBERRY BELGIUM WAFFLE



**MEAL COMPONENT CONTRIBUTION:**

1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 waffle

**RECIPE HACCP PROCESS:** #1 - No cook

WHOLE GRAINS

| INGREDIENT                              | MEASURE (FOR 100 SERVINGS) |
|---|----------------------------|
| Waffles, Belgium, Maple, IW, WGR, #1223 | 100 waffles                |

**DIRECTIONS**

- 1

**NUTRIENTS PER SERVING**

|               |        |               |         |           |         |           |        |
|---------------|--------|---------------|---------|-----------|---------|-----------|--------|
| Calories      | 1      | Dietary Fiber | 11.00 g | Sodium    | 1.00 mg | Sat. Fat  | 1.00 g |
| Carbohydrates | 1.00 g | Protein       | 1.00 g  | Total Fat | 1.00 g  | Trans Fat | 1.00 g |