



A Nutrition Resource

# FRUITY BREAKFAST WAFFLES

**Yield: 1 Servings | Serving Size: 1 waffle with toppings**

**Cost/Serving: \$1.15**

## 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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