

# RECIPE ANALYSIS

Recipe Name : K-32  
Serving Size : 2waf+2T syrup

Recipe Desc : Belgian Waffles & Syrup  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 2waf+2T syrup		
Amount Per Serving		
<b>Calories 765.92</b>	<b>Calories from Fat 241.74</b>	
	% Daily Value	
<b>Total Fat</b>	<b>26.86 g</b>	<b>41%</b>
Saturated	4.78 g	24%
PolyUnSat	5.96 g	n/a
MonoUnSat	8.08 g	n/a
<b>Cholesterol</b>	<b>102.66 mg</b>	<b>34%</b>
<b>Sodium</b>	<b>2030.40 mg</b>	<b>85%</b>
<b>Potassium</b>	<b>154.88 mg</b>	<b>4%</b>
<b>Total Carbs</b>	<b>112.70 g</b>	<b>38%</b>
Dietary Fiber	3.50 g	14%
Sugars	22.58 g	n/a
<b>Protein</b>	<b>15.32 g</b>	
Vitamin A - 2%	Vitamin C - 0%	
Calcium - 25%	Iron - 30%	
Vitamin E - n/a	Thiamin - 52%	
Riboflavin - 33%	Niacin - 34%	
Vitamin B6 - 3%	Folic Acid - 4%	
Vitamin B12 - 16%	Pantothenic Acid - 6%	
Phosphorous - 6%	Magnesium - 1%	
Zinc - 3%	Copper - 2%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

Fat Soluble Vitamins	
Vitamin D	n/a
Vitamin D	0.000 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	114.340 IU
Vitamin A	22.860 RE

Water Soluble Vitamins	
Thiamin B1	0.780 mg
Riboflavin B2	0.560 mg
Niacin B3	n/a
Niacin B3	6.840 mg
Pyridoxine B6	0.055 mg
Cobalamin B12	0.970 mcg
Pantothenic Acid	0.560 mg
Vitamin C	0.000 mg
Folic Acid	16.000 mcg

Minerals	
Phosphorus	58.962 mg
Zinc	0.520 mg
Magnesium	5.435 mg
Copper	0.040 mg
Selenium	n/a
Iron	5.420 mg
Calcium	254.700 mg
Manganese	0.020 mg
Iodine	n/a

US Diabetic Exchanges	
Not Available.	
Starch	n/a
Fruit	n/a
Milk (Skim)	n/a
Milk (2%)	n/a
Milk (Whole)	n/a
Other Carbs	n/a
Vegetables	n/a
Meat (Very Lean)	n/a
Meat (Lean)	n/a
Meat (Med. Fat)	n/a
Meat (High Fat)	n/a
Fat	n/a

School Equivalents	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

**Source Of Calories**



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.