

Mini Eggo Waffles w/ Scrambled Eggs

Nutrition Facts

Serving Size: Each

ALLERGENS

Eggs, Milk, Soy, Wheat

Amount Per Serving

Calories: 292

Calories from Fat: 101

Total Fat: 11.2g

Saturated Fat: 3.5g

Trans Fat: 0.00

Cholesterol: 235mg

Sodium: 401mg

Total Carbohydrate: 36.1g

Dietary Fiber: 4.0g

Protein: 11.4g

Vitamin A: 783RE

Vitamin C: .0mg

Calcium: 134.0mg

Iron: 3.7mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

