



Cinnamon Waffle Treat

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



1

CALORIES



178 kcal

Ingredients

- 1 Tbsp philadelphia snack delights cinnamon
- 1 waffle frozen toasted
- 2 Tbsp whipped cream

Equipment

Directions

- Spread waffle with SNACK DELIGHTS.
- Top with ice cream.

Nutrition Facts

PROTEIN 7.83% FAT 33.93% CARBS 58.24%

Properties

Glycemic Index:66, Glycemic Load:4.24, Inflammation Score:-5, Nutrition Score:10.581739008427%

Nutrients (% of daily need)

Calories: 177.76kcal (8.89%), Fat: 7.04g (10.83%), Saturated Fat: 2.94g (18.4%), Carbohydrates: 27.19g (9.06%), Net Carbohydrates: 22.42g (8.15%), Sugar: 7.38g (8.2%), Cholesterol: 22.11mg (7.37%), Sodium: 229.53mg (9.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.31%), Manganese: 1.36mg (68.24%), Calcium: 197.19mg (19.72%), Fiber: 4.77g (19.07%), Iron: 2.99mg (16.59%), Vitamin B2: 0.26mg (15.07%), Phosphorus: 145.58mg (14.56%), Vitamin A: 679.81IU (13.6%), Vitamin B12: 0.75µg (12.42%), Vitamin B6: 0.24mg (12%), Vitamin B1: 0.17mg (11.54%), Vitamin B3: 2.27mg (11.37%), Folate: 33.45µg (8.36%), Magnesium: 14.77mg (3.69%), Potassium: 122.54mg (3.5%), Zinc: 0.52mg (3.48%), Vitamin K: 2.52µg (2.4%), Vitamin B5: 0.2mg (2%), Vitamin E: 0.27mg (1.8%), Copper: 0.03mg (1.66%), Selenium: 0.77µg (1.11%)