



WHATSHATE



Fiber One™ Waffles



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



60 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups complete seasoning (from 28.3-oz box)
- ☐ 1.3 cups water cold
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ waffle iron

Directions

- ☐
- Heat waffle maker. Grease with vegetable oil or shortening.
- ☐
- Make waffles as directed on box, using pancake mix, water and oil.

Nutrition Facts

PROTEIN0%

FAT100%

CARBS0%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.72478260286152%

Nutrients (% of daily need)

Calories: 60.11kcal (3.01%), Fat: 6.8g (10.46%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 0g (0%), Net Carbohydrates: 0g (0%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 10650.16mg (463.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Vitamin K: 12.51µg (11.91%), Vitamin E: 0.56mg (3.71%)