



Morning Maple Waffles

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



448 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup philadelphia honey pecan cream cheese spread ()
- 8 waffles frozen (4 inch)
- 8 slices oscar mayer maple bacon

Equipment

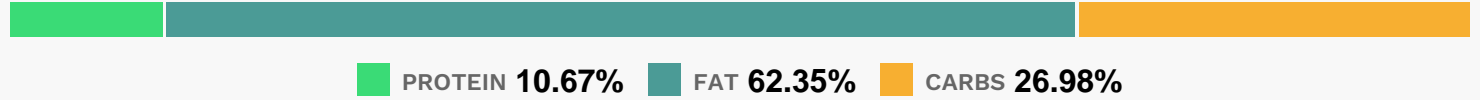
Directions

- Cook bacon as directed on package; drain. Cool slightly; break in half.

Toast waffles as directed on package; spread with cream cheese spread.

Top with bacon.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:12.575652300664%

Nutrients (% of daily need)

Calories: 448.45kcal (22.42%), Fat: 31g (47.69%), Saturated Fat: 11.62g (72.64%), Carbohydrates: 30.18g (10.06%), Net Carbohydrates: 29.34g (10.67%), Sugar: 2.77g (3.08%), Cholesterol: 64.83mg (21.61%), Sodium: 833.14mg (36.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.93g (23.86%), Vitamin B3: 6.04mg (30.2%), Vitamin B1: 0.44mg (29.33%), Phosphorus: 282.46mg (28.25%), Vitamin B6: 0.54mg (27.2%), Vitamin A: 1350.54IU (27.01%), Iron: 4.8mg (26.67%), Vitamin B12: 1.48µg (24.67%), Vitamin B2: 0.4mg (23.51%), Calcium: 198.65mg (19.86%), Folate: 63µg (15.75%), Selenium: 8.84µg (12.63%), Zinc: 0.87mg (5.79%), Magnesium: 17.18mg (4.3%), Potassium: 147.32mg (4.21%), Fiber: 0.84g (3.36%), Vitamin B5: 0.24mg (2.44%), Vitamin D: 0.25µg (1.64%), Vitamin E: 0.19mg (1.26%)