



Whole Wheat Waffle with Almond Butter and Pear

1 Serving • 1 Serving = 1 Waffle

INGREDIENTS

- 1 frozen whole grain waffle
- 1 Tablespoon almond butter
- 1 pear, sliced

DIRECTIONS

1. Toast the waffle according to box instructions.
2. Spread almond butter evenly on the waffle.
3. Top the almond butter with pear slices.

Nutrition Facts

1 servings per container	
Serving size 1 waffle (227g)	
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	—
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 45g	16%
Dietary Fiber 7g	25%
Total Sugars 20g	—
Includes 1g Added Sugars	2%
Protein 6g	
Vitamin D 0mg	0%
Calcium 116mg	8%
Iron 3mg	15%
Potassium 377mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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