

Calories	Calories From Fat	Fat	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
----------	-------------------	-----	--------------	---------------	------------------	-------------	-------------------	-----------	-----------	-------------

Waffles

Classic waffle	388	0	2g	0.7g	0g	5mg	673mg	80g	1g	26g	10g
Double Chocolate Waffle	653	120	17g	5.2g	0g	5mg	693mg	108g	3g	52g	14g
Fruit Waffle Bites	423	0	1g	0.2g	0g	0mg	673mg	92g	3g	34g	10g
Double Double waffle	643	120	13g	4.5g	0g	5mg	15mg	39g	4g	34g	4g