

MINNESTALGIA WILD RICE POLENTA WAFFLE CALORIES

Basic Recipe for 2-6" or 4-4" waffles	Calories
1 cup cooked wild rice polenta	170
1 egg	72
1 TBLS Milk	8
1 TBLS oil (veg oil)	120
¼ tsp salt	0
2 tsp baking powder	4
1 TBLS Sugar	48
¼ cup flour	<u>114</u>
Total Calories in 2-6" or 4-4" waffles	536

Total Calories per 1-6" or 2-4" waffles 268

1-6" or 2-4" waffles	268
1 TBLS Butter	102
¼ cup Maple Syrup	<u>210</u>
Waffle and additional calories	580

1-6" or 2-4" waffles	268
1 TBLS Peanut Butter	94
¼ cup Maple Syrup	<u>210</u>
Waffle and additional calories	572

1-6" or 2-4" waffles	268
½ of a 7" banana	53
¼ cup walnuts	<u>196</u>
Waffle and additional calories	517

1-6" or 2-4" waffles	268
1 Medium Strip Bacon	46
1/8 cup dried mushrooms	<u>2</u>
Waffle and additional calories	316

1-6" or 2-4" waffles	268
¼ cup breakfast sausage	113
¼ cup green peppers	<u>7</u>
Waffle and additional calories	388

1-6" or 2-4" waffles	268
1 Medium Strip Bacon	46
½ egg	<u>36</u>
Waffle and additional calories	350

1-6" or 2-4" waffles	268
¼ cup cooked chicken	58
¼ cup cooked cranberries	<u>105</u>
Waffle and additional calories	431

1-6" or 2-4" waffles	268
½ tsp of cinnamon	3
½ TBLS dark cocoa powder	6
¼ cup ice cream	<u>67</u>
Waffle and additional calories	344