

# Waffle

## Nutritional Information

	Calories	Total Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Protein (g)	Fiber (g)
<b>1 Belgium Waffle</b>	208	2	7	760	45	5	4
<b>1/2 C. Strawberries</b>	150	0	0	0	38	0	3
<b>2 T. Whipped Topping</b>	25	2	0	0	2	0	0
<b>2 oz. Syrup</b>	220	0	0	200	55	0	0

# Spreads

## Nutritional Information

	Calories	Total Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Protein (g)	Fiber (g)
<b>2 T. Peanut Butter</b>	190	15	0	150	8	7	2
<b>2 T. Cream Cheese</b>	100	10	30	110	0	2	0
<b>1 T. Margarine</b>	100	11	0	0	0	0	0
<b>1 T. Jelly</b>	50	0	0	5	13	0	0