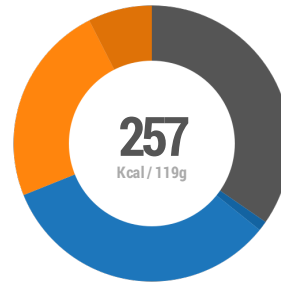


# Protein Waffles

By fresco box

Overview ...

U / 1358448



WEIGHT:

**34.3% Carbs**

**34.6% Protein**

**31.1% Fat**

Food Labelling...

## EU Label values per 119g

Serves

	PER 119G	%RI
Energy(Kj)	<b>1105</b> kJ	13%
Energy(Kcal)	<b>263</b> kcal	13%
Fat	<b>8.9</b> g	13%
<i>of which saturates</i>	<b>2.1</b> g	11%
Carbohydrate	<b>22</b> g	8%
<i>of which sugars</i>	<b>0.7</b> g	1%
Fibre	<b>2.6</b> g	10%
Protein	<b>22</b> g	44%
Salt	<b>0.71</b> g	12%

CONTAINS:



OATS



EGGS



MILK

OTHER PROPERTIES:



VEGAN



GLUTEN FREE



KOSHER



HALAL

Nutrient Breakdown per 119g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 13% RI	Saturated Fat <b>11% RI</b>	Vitamin A (ret eq) 8% RI
Energy(Kj) 13% RI	Monounsaturated fat 12% RI	Retinol
<b>257kcal</b>	<i>cis-Mono</i>	Carotene
<b>1079kJ</b>	Polyunsaturated fat 13% RI	Vitamin D 43% RI
<b>Macronutrients</b>	<i>Omega3(n-3)</i> 5% RI	Vitamin E 9% RI
Carbohydrate 8% RI	<i>Omega6(n-6)</i> 13% RI	Vitamin K <sub>1</sub> 0% RI
Fibre 11% RI	<i>cis-Poly</i>	Thiamin (B <sub>1</sub> ) 25% RI
Protein 44% RI	Trans-fatty acids	Riboflavin (B <sub>2</sub> ) 21% RI
Fat <b>13% RI</b>	Cholesterol	Niacin total (B <sub>3</sub> ) 22% RI
Water	<b>Minerals &amp; trace elements</b>	Niacin
Water from Drinks	Sodium <b>12% RI</b>	Tryptophan
Alcohol	Potassium 11% RI	Pantothenic Acid (B <sub>5</sub> ) 15% RI
<b>Carbohydrate</b>	Chloride 48% RI	Vitamin B <sub>6</sub> 10% RI
Starch	Calcium 12% RI	Folic Acid (B <sub>9</sub> ) 12% RI
Oligosaccharide	Phosphorus 70% RI	Vitamin B <sub>12</sub> 73% RI
Fibre 11% RI	Magnesium 12% RI	Biotin (B <sub>7</sub> ) 37% RI
NSP	Iron 16% RI	Vitamin C 0% RI
Sugars <b>1% RI</b>	Zinc 15% RI	
Glucose	Copper 15% RI	
Galactose	Manganese 63% RI	
Fructose	Selenium 30% RI	
Sucrose	Iodine 22% RI	
Maltose		<b>Other</b>
Lactose		GI (estimated)
		GL
		Caffeine
		68ug
		85ug
		0.88ug
		2.1ug
		1.1mg
		0ug
		0.27mg
		0.3mg
		3.5mg
		0.3mg
		416mg
		0.9mg
		0.14mg
		23.6ug
		1.8ug
		18.6ug
		0.34mg
		56
		12.2

Recipe Ingredients ...	Quantity:	Description:
Eggs, chicken, whole, raw	<b>67g</b>	1x Jumbo, Size
Oat flakes, rolled	<b>32.5g</b>	
Whey protein isolate powder	<b>11.3g</b>	0.4x average serving/scoop
Blueberries	<b>7g</b>	10x blueberry
Baking powder, gluten free	<b>1g</b>	0.3x level teaspoon