

Bananas Foster Waffle

Two (2) – 9 oz. servings (total menu item: 18 oz.)

NUTRITIONAL INFORMATION

Per Serving / 9 oz.

Calories 820 **Calories from Fat** 300

	Amount	% Daily Value
Total Fat	34g	52%
Saturated Fat	21g	103%
Trans Fat	0g	
Polyunsaturated Fat	1g	
Monounsaturated Fat	4.5g	
Cholesterol	145mg	49%
Sodium	1000mg	42%
Total Carbohydrate	109g	36%
Dietary Fiber	4g	15%
Sugars	73g	
Protein	11g	23%
Vitamin A		20%
Vitamin C		10%
Calcium		25%
Iron		15%

**Percent Daily Values are based on a 2,000 calorie diet*

Ingredients (per menu item)	Cal	Fat	Carbs
1-1/2 Banana	82.5	0.0g	22.5g
1/2 oz. Butter	50.8	5.7g	0.0g
2 tbsp. Brown Sugar	45.0	0.0g	12.0g
1-1/2 oz. Banana Liquor	78.9	0.1g	8.8g
1-1/2 oz. White Chocolate (drizzle)	121.5	6.8g	12.1g
6 oz. Vanilla Ice Cream	176.1	9.4g	20.1g
8 oz. Waffle	265.5	11.7g	33.6g

S A U L G O O D

Restaurant & Pub