

Chicken and Waffles

One (1) – 20 oz. serving

NUTRITIONAL INFORMATION

Per Serving / 20 oz.

Calories 1470 **Calories from Fat** 570

	Amount	% Daily Value
Total Fat	63g	97%
Saturated Fat	27g	137%
Trans Fat	0g	
Polyunsaturated Fat	20g	
Monounsaturated Fat	21g	
Cholesterol	425mg	142%
Sodium	1750mg	73%
Total Carbohydrate	134g	45%
Dietary Fiber	2g	8%
Sugars	79g	
Protein	87g	173%
Vitamin A		20%
Vitamin C		0%
Calcium		25%
Iron		45%

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

Ingredients (per menu item)	Cal	Fat	Carbs
4 oz. Maple Syrup	263.0	0.0g	65.7g
1 pinch Scallion	0.0	0.0g	0.0g
8 oz. Waffle	464.6	20.5g	58.8g
10 oz. Fried Chicken Thighs (boneless)	742.8	42.5g	9.0g

S A U L G O O D

Restaurant & Pub