

Breakfast Pancakes, Waffles, and French Toast Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Prot (g)
<b>Pancakes</b>												
Hy-Vee's Famous Pancakes	1 platter	1180	27	9	0	30	2910	215	0	62	56.74	16
Apple Pie Pancakes	1 platter	1600	41	22	0	30	3120	288	2.25	124	112.25	17
<b>Waffles</b>												
Sweet Cream Waffle	1 platter	810	40	10	0	85	970	100	0	31	29.9	6
Banana Nutella Waffle	1 platter	1350	71	30	0	85	1000	162	1.57	85	73.06	11
<b>French Toast</b>												
Brioche French Toast	1 platter	760	27	14	0	310	540	111	1.85	43	40.37	12
Berry Bliss French Toast	1 platter	1710	77	50	1	420	760	230	3.15	119	111.56	17
<b>Toppings</b>												
Blueberries	2 oz	30	0	0	0	0	0	8	1.36	6	0	0
Strawberries	2 oz	20	0	0	0	0	0	4	1.13	3	0	0
Chocolate Chips	2 oz	260	15	9	0	0	0	38	3.78	30	30.24	--
Pure Maple Syrup	2 oz	220	0	--	--	--	0	54	--	48	48	0