Cornbread Waffle $.85 (info is without syrup & butter)

Nutrition Facts Serving Size: 1 item (55.9g), Servings Per Container: 1, Amount Per Serving: Calories 120, Calories from Fat 45, Total Fat 5g (8% DV), Saturated Fat 1g (5% DV), Trans Fat 0g, Cholesterol 45mg (15% DV), Sodium 160mg (7% DV), Total Carbohydrate 15g (5% DV), Dietary Fiber <1g (4% DV), Sugars 2g, Protein 4g, Vitamin A (2% DV), Vitamin C (0% DV), Calcium (4% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Milk, Non Fat Skim or Fat Free; Egg, Raw; Flour, All Purpose Wheat; Cornmeal, Yellow, Whole Grain; Oil, Olive; Sugar, White Granulated; Baking Powder Monarch