

Basic Report 18507, KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles [a](#)

Report Date: January 28, 2015 07:07 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 waffle, round (4" dia) (include frozen) 35g	1 serving 70g
Proximates				
Water	g	46.06	16.12	32.24
Energy	kcal	208	73	146
Protein	g	5.95	2.08	4.16
Total lipid (fat)	g	2.83	0.99	1.98
Carbohydrate, by difference	g	42.71	14.95	29.90
Fiber, total dietary	g	3.5	1.2	2.4
Sugars, total	g	8.89	3.11	6.22
Minerals				
Calcium, Ca	mg	61	21	43
Iron, Fe	mg	4.62	1.62	3.23
Magnesium, Mg	mg	54	19	38
Phosphorus, P	mg	77	27	54
Potassium, K	mg	68	24	48
Sodium, Na	mg	591	207	414
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.380	0.133	0.266
Riboflavin	mg	0.440	0.154	0.308
Niacin	mg	5.130	1.795	3.591
Vitamin B-6	mg	0.510	0.179	0.357
Vitamin B-12	µg	1.54	0.54	1.08
Vitamin A, IU	IU	1282	449	897
Lipids				
Fatty acids, total saturated	g	0.410	0.144	0.287
Fatty acids, total monounsaturated	g	1.150	0.402	0.805
Fatty acids, total polyunsaturated	g	0.800	0.280	0.560

Nutrient	Unit	1 Value Per100 g	1 waffle, round (4" dia) (include frozen) 35g	1 serving 70g
Cholesterol	mg	0	0	0

Footnotes

^a Serving equals 2 waffles