

Love Is Key Nutrition Information

-Fried Chicken wing= 160 calories, 5.4 grams carbs, 10.7 grams fat, 9.9 grams protein, 83 mg sodium

-Fish Filet- 199 calories, 7 grams carbs, 12 grams fat, 16 grams protein

-Cajun Pasta-568 calories, 55 grams carbs, 11 grams fat, 39 grams protein

-Waffle- 200 calories, 26 grams carbs, 9 grams fat, 4 grams protein

-Mashed Potatoes-150 calories, 19 grams carbs, 7 grams fat, 3 grams protein

-Waffle Fries-400 calories, 48 grams carbs, 21 grams fat, 5 grams protein

-Green Beans-31 calories, 7 grams carbs, .2 grams fat, 1.8 grams protein

Mac & cheese-373 calories, 39 grams carbs, -5 grams fat, 23 grams protein

-Sweet potatoes- 133 calories, 26 grams carbs, 2 grams fat, 2 grams protein

-Loaded Waffle Fries- 900 calories, 50 grams carbs, 73 grams fat, 37 grams protein