



Apple-Cinnamon Waffles

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



868 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 medium apples sweet such as rome or pink lady
- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.3 cup t brown sugar dark packed
- 3 large eggs
- 3 cups flour all-purpose
- 3 tablespoons granulated sugar
- 2 teaspoons ground cinnamon

- 2.3 cups buttermilk low-fat
- 6 servings maple syrup for serving
- 1 teaspoon nutmeg freshly grated
- 1 teaspoon salt fine
- 2 sticks butter unsalted melted
- 1.3 cups apple sauce unsweetened
- 1 tablespoon vanilla extract
- 6 servings vegetable oil for brushing the waffle iron

Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- spatula
- waffle iron
- box grater

Directions

- Heat the oven to 250°F and arrange a rack in the middle. Set a wire rack on a baking sheet and place it in the oven.
- Whisk together the flour, sugar, baking powder, cinnamon, baking soda, nutmeg, and salt in a large bowl to aerate and break up any lumps; set aside.
- Place the eggs in a large bowl and whisk until they're just broken up.
- Add the buttermilk, applesauce, brown sugar, melted butter, and vanilla and whisk until evenly combined; set aside. Grate the apples on the large holes of a box grater and set aside.
- Add the buttermilk mixture to the flour mixture and stir with a rubber spatula until the flour is just incorporated and no streaks remain. (The batter may have a few lumps.) Using your hands, gently squeeze the excess moisture out of the grated apples. Fold them into the batter

until just evenly combined.

- Heat the waffle iron to medium according to the manufacturer's instructions. Once the iron is heated, brush it with vegetable oil, fill it with batter, close the lid, and cook until the waffle is golden brown (when the steam starts to diminish from the iron, you can open the top and peek for doneness).
- Transfer the waffle to the wire rack on the baking sheet in the oven to keep warm. Repeat with the remaining batter, brushing the iron with oil as needed.
- Serve with maple syrup.

Nutrition Facts



PROTEIN 6.03% **FAT 50.11%** **CARBS 43.86%**

Properties

Glycemic Index:63.43, Glycemic Load:46.24, Inflammation Score:-8, Nutrition Score:20.675217421159%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 7.32mg, Epicatechin: 7.32mg, Epicatechin: 7.32mg, Epicatechin: 7.32mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 868.25kcal (43.41%), Fat: 48.81g (75.09%), Saturated Fat: 23.07g (144.17%), Carbohydrates: 96.11g (32.04%), Net Carbohydrates: 91.98g (33.45%), Sugar: 42.92g (47.69%), Cholesterol: 177.58mg (59.19%), Sodium: 891.77mg (38.77%), Alcohol: 0.75g (100%), Alcohol %: 0.25% (100%), Protein: 13.21g (26.42%), Manganese: 1.07mg (53.44%), Vitamin B2: 0.86mg (50.77%), Selenium: 31.37µg (44.81%), Vitamin B1: 0.57mg (38.09%), Folate: 135.49µg (33.87%), Vitamin K: 30.53µg (29.08%), Calcium: 258.08mg (25.81%), Phosphorus: 246.2mg (24.62%), Vitamin A: 1168.4IU (23.37%), Iron: 3.89mg (21.62%), Vitamin B3: 3.92mg (19.62%), Vitamin E: 2.57mg (17.13%), Fiber: 4.13g (16.51%), Potassium: 413.75mg (11.82%), Vitamin B5: 1.02mg (10.19%), Magnesium: 38.63mg (9.66%), Zinc: 1.38mg (9.18%), Copper: 0.17mg (8.32%), Vitamin B12: 0.48µg (8.08%), Vitamin B6: 0.15mg (7.31%), Vitamin D: 1.07µg (7.1%), Vitamin C: 4.23mg (5.13%)