



Applesauce Waffles

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



299 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup apple sauce
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.3 cup brown sugar
- ☐ 1.5 cups evaporated milk
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 teaspoon kosher salt
- ☐ 8 servings powdered sugar for serving

- ☐ 1 teaspoon vanilla
- ☐ 3 tablespoons vegetable oil

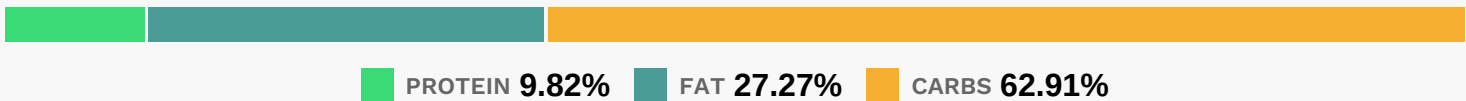
Equipment

- ☐ bowl
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ waffle iron

Directions

- ☐ Special equipment: A Belgian waffle iron
- ☐ Preheat the waffle iron. Preheat the oven to 200 degrees F if you plan on holding the cooked waffles in the oven.
- ☐ Whisk the flour, baking powder, baking soda and salt together in a medium bowl.
- ☐ Whisk the evaporated milk, applesauce, brown sugar, oil, vanilla and 3/4 cup water in a large bowl.
- ☐ Fold the dry ingredients into the wet, and stir until combined. (Don't mix too much—some lumps are OK—just make sure the flour is coated.) Allow the batter to rest at room temperature for 5 minutes before baking.
- ☐ Ladle enough batter into the waffle iron to fill it to the edges, and cook until crispy and brown, 6 to 7 minutes. (You can tell the waffles are ready when very little steam comes out of the waffle iron.) Continue in batches until all the batter is used. Keep the cooked waffles warm in the oven or covered with foil on a plate while you make the remaining waffles.
- ☐ Sprinkle with powdered sugar and cinnamon, and serve with maple syrup.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:21.85, Inflammation Score:-4, Nutrition Score:10.140869480112%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 299.21kcal (14.96%), Fat: 9.1g (13.99%), Saturated Fat: 3.02g (18.85%), Carbohydrates: 47.22g (15.74%), Net Carbohydrates: 44.93g (16.34%), Sugar: 15.28g (16.98%), Cholesterol: 13.7mg (4.57%), Sodium: 407.93mg (17.74%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 7.37g (14.74%), Manganese: 0.63mg (31.49%), Vitamin B1: 0.33mg (22.22%), Calcium: 216.35mg (21.63%), Selenium: 14.55µg (20.79%), Vitamin B2: 0.35mg (20.48%), Folate: 75.93µg (18.98%), Phosphorus: 162.45mg (16.25%), Iron: 2.28mg (12.68%), Vitamin B3: 2.45mg (12.25%), Vitamin K: 10.48µg (9.98%), Fiber: 2.29g (9.15%), Potassium: 218.03mg (6.23%), Magnesium: 22.75mg (5.69%), Vitamin B5: 0.5mg (4.98%), Zinc: 0.68mg (4.55%), Copper: 0.08mg (3.98%), Vitamin E: 0.59mg (3.91%), Vitamin B6: 0.05mg (2.6%), Vitamin A: 123.25IU (2.46%), Vitamin C: 1.13mg (1.37%), Vitamin B12: 0.08µg (1.26%)