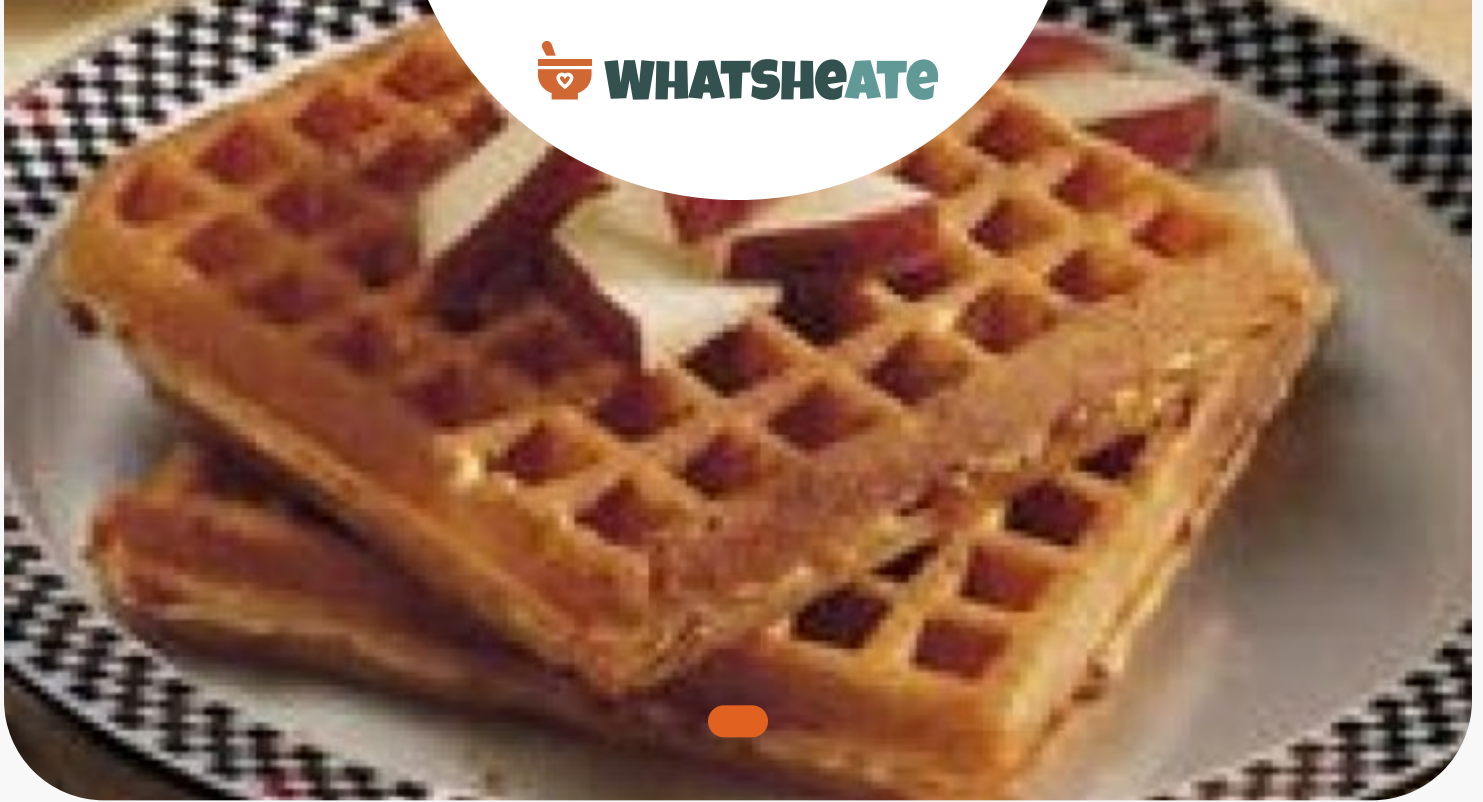




Bacon and Swiss Waffles

 Gluten Free

READY IN



13 min.

SERVINGS



10

CALORIES



106 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups milk
- ☐ 2 eggs
- ☐ 4 ounces swiss cheese shredded
- ☐ 0.5 cup bacon crumbled cooked
- ☐ 2 cups frangelico

Equipment

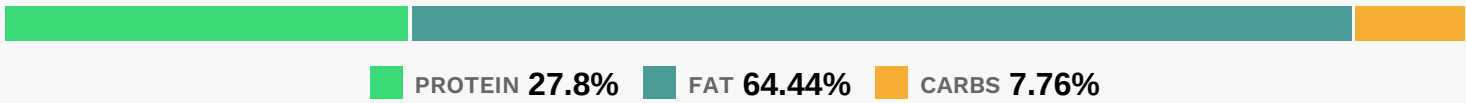
- ☐ bowl
- ☐ oven

☐ waffle iron

Directions

- ☐ Heat waffle iron; grease with cooking spray, vegetable oil or shortening.
- ☐ Stir Bisquick, milk and eggs in large bowl until blended. Stir in cheese and bacon.
- ☐ Pour onto center of hot waffle iron. Close lid of waffle iron.
- ☐ Bake until steaming stops and waffle is golden brown. Carefully remove waffle.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.69, Inflammation Score:-2, Nutrition Score:4.45695651355%

Nutrients (% of daily need)

Calories: 105.55kcal (5.28%), Fat: 7.51g (11.55%), Saturated Fat: 3.7g (23.11%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 2.03g (0.74%), Sugar: 1.79g (1.99%), Cholesterol: 53.27mg (17.76%), Sodium: 142.3mg (6.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.57%), Calcium: 151.49mg (15.15%), Phosphorus: 141.4mg (14.14%), Selenium: 9.67µg (13.82%), Vitamin B12: 0.68µg (11.33%), Vitamin B2: 0.14mg (8.13%), Zinc: 0.93mg (6.21%), Vitamin A: 203.02IU (4.06%), Vitamin D: 0.6µg (4.01%), Vitamin B5: 0.38mg (3.83%), Vitamin B1: 0.06mg (3.79%), Vitamin B6: 0.08mg (3.77%), Vitamin B3: 0.65mg (3.23%), Potassium: 103.29mg (2.95%), Magnesium: 10.94mg (2.74%), Vitamin E: 0.2mg (1.35%), Folate: 5.16µg (1.29%), Iron: 0.22mg (1.24%)