



Bacon Buttermilk Waffles

READY IN



30 min.

SERVINGS



10

CALORIES



228 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 eggs
- 1.5 cups flour all-purpose
- 0.5 cup butter melted
- 1.5 cups buttermilk
- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1 teaspoon sugar
- 0.3 teaspoon salt
- 0.5 cup bacon crumbled cooked

1 serving blueberries

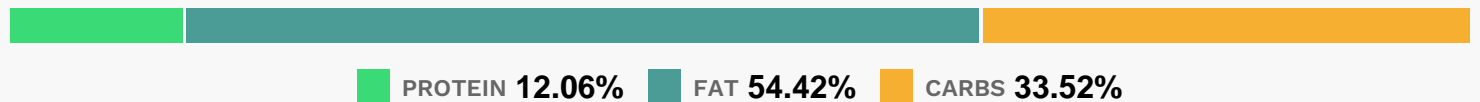
Equipment

- bowl
- oven
- whisk
- waffle iron

Directions

- Heat waffle iron. (Waffle irons without a nonstick coating may need to be brushed with vegetable oil or sprayed with cooking spray before batter for each waffle is added.)
- In large bowl, beat eggs with wire whisk or hand beater until fluffy. Beat in remaining ingredients except syrup just until blended.
- Pour about 1/2 cup batter from cup or pitcher onto center of hot waffle iron. (Check manufacturer's directions for recommended amount of batter.) Close lid of waffle iron.
- Bake about 5 minutes or until steaming stops. Carefully remove waffle. Repeat with remaining batter.
- Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:30.81, Glycemic Load:12.09, Inflammation Score:-5, Nutrition Score:7.1778260521267%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin:

0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 227.89kcal (11.39%), Fat: 13.8g (21.23%), Saturated Fat: 3.7g (23.15%), Carbohydrates: 19.12g (6.37%), Net Carbohydrates: 18.26g (6.64%), Sugar: 3.73g (4.14%), Cholesterol: 58.66mg (19.55%), Sodium: 511.4mg (22.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.77%), Selenium: 14.62µg (20.89%), Vitamin B2: 0.24mg (14.02%), Vitamin B1: 0.21mg (13.84%), Phosphorus: 120.82mg (12.08%), Vitamin A: 546.75IU (10.94%), Folate: 43.32µg (10.83%), Calcium: 103.57mg (10.36%), Manganese: 0.18mg (9.21%), Vitamin B3: 1.81mg (9.04%), Iron: 1.3mg (7.2%), Vitamin B12: 0.36µg (5.93%), Vitamin B5: 0.51mg (5.12%), Vitamin D: 0.75µg (5.03%), Vitamin E: 0.63mg (4.23%), Zinc: 0.64mg (4.23%), Vitamin B6: 0.08mg (4.13%), Potassium: 131.41mg (3.75%), Fiber: 0.86g (3.45%), Magnesium: 12.51mg (3.13%), Copper: 0.06mg (3%), Vitamin K: 3.06µg (2.91%), Vitamin C: 1.46mg (1.77%)