



## Bacon Maple Waffles

READY IN



45 min.

SERVINGS



5

CALORIES



420 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 4 bacon crumbled cooked
- ☐ 3 large eggs lightly beaten
- ☐ 9 ounces flour all-purpose
- ☐ 1.3 cups milk 2% reduced-fat
- ☐ 0.3 cup maple syrup
- ☐ 3 tablespoons maple syrup
- ☐ 0.5 teaspoon salt

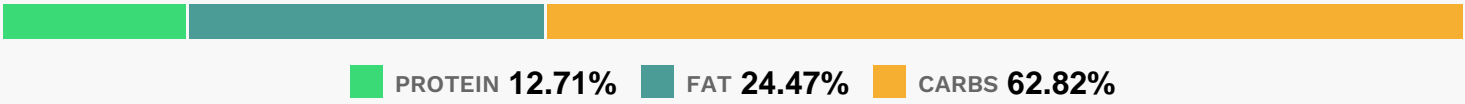
## Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ measuring cup
- ☐ waffle iron

## Directions

- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Place flour, baking powder, and salt in a bowl; stir with a whisk. Make a well in center of mixture.
- ☐ Combine milk, 3 tablespoons syrup, butter, bacon, and eggs, stirring with a whisk.
- ☐ Add milk mixture to flour mixture; stir just until moist.
- ☐ Preheat a waffle iron. Coat iron with cooking spray. Spoon about 1/3 cup batter per waffle onto hot waffle iron, spreading batter to edges. Cook 4 to 5 minutes or until steaming stops; repeat procedure with remaining batter.
- ☐ Serve waffles with 1/3 cup syrup.

## Nutrition Facts



## Properties

Glycemic Index:58, Glycemic Load:37.01, Inflammation Score:-5, Nutrition Score:16.797391275349%

## Nutrients (% of daily need)

Calories: 419.88kcal (20.99%), Fat: 11.31g (17.4%), Saturated Fat: 5.41g (33.79%), Carbohydrates: 65.32g (21.77%), Net Carbohydrates: 63.93g (23.25%), Sugar: 23.29g (25.88%), Cholesterol: 134.7mg (44.9%), Sodium: 704.84mg (30.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.22g (26.43%), Manganese: 1.14mg (56.83%), Vitamin B2: 0.94mg (55.3%), Selenium: 31.29µg (44.7%), Vitamin B1: 0.49mg (32.92%), Folate: 110.6µg (27.65%), Calcium: 274.95mg (27.49%), Phosphorus: 247.55mg (24.76%), Vitamin B3: 3.79mg (18.96%), Iron: 3.27mg (18.17%), Vitamin B12: 0.66µg (10.98%), Zinc: 1.46mg (9.76%), Vitamin B5: 0.97mg (9.71%), Potassium: 287.71mg (8.22%),

Magnesium: 31.09mg (7.77%), Vitamin A: 364.49IU (7.29%), Vitamin B6: 0.13mg (6.51%), Fiber: 1.38g (5.53%),  
Copper: 0.11mg (5.29%), Vitamin D: 0.63µg (4.17%), Vitamin E: 0.52mg (3.47%)