



Bacon-Topped Savory Waffles with Onion Sauce

READY IN



30 min.

SERVINGS



8

CALORIES



335 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 slices bacon
- 1.8 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 2 tablespoons basil dried sweet
- 3 tablespoons butter melted
- 2 tablespoons dijon mustard
- 3 tablespoons parsley dried
- 1 tablespoon rosemary dried

- 2 large eggs
- 1 cup flour all-purpose
- 1.3 cups milk
- 1 tablespoon onion minced
- 0.3 cup parmesan cheese grated
- 1.8 teaspoons salt
- 0.8 cup cup heavy whipping cream sour
- 2 teaspoons sugar white
- 0.8 cup flour whole wheat

Equipment

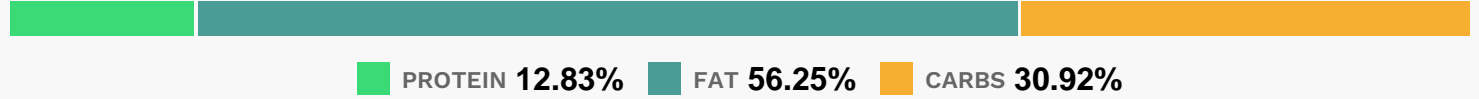
- bowl
- frying pan
- paper towels
- oven
- whisk
- waffle iron

Directions

- Place the bacon in a large, deep skillet and cook over medium-high heat until evenly browned, about 5 minutes per side.
- Drain the bacon slices on a paper towel-lined plate. Crumble once cooled.
- Preheat an oven to 200 degrees F (95 degrees C) to keep the finished waffles warm. Preheat a waffle iron and coat lightly with cooking spray.
- Combine the all-purpose flour, whole wheat flour, Parmesan cheese, parsley, rosemary, basil, sugar, baking powder, baking soda, and salt in a bowl.
- Whisk the milk, eggs, butter, and Dijon mustard together in a small bowl.
- Pour the wet mixture into the dry mixture and stir until just combined.
- Pour about 1/3 cup batter into each square of the preheated waffle iron; cook until golden, 3 to 4 minutes. Keep prepared waffles in the preheated oven until all are cooked.

- Stir the sour cream, sugar, and onion together in a small bowl.
- Drizzle the onion sauce evenly over the warm waffles.
- Sprinkle crumbled bacon over the waffles to serve.

Nutrition Facts



Properties

Glycemic Index:56.76, Glycemic Load:10.34, Inflammation Score:-6, Nutrition Score:13.564347858014%

Flavonoids

Apigenin: 33.78mg, Apigenin: 33.78mg, Apigenin: 33.78mg, Apigenin: 33.78mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 335.08kcal (16.75%), Fat: 21.22g (32.65%), Saturated Fat: 9.57g (59.79%), Carbohydrates: 26.25g (8.75%), Net Carbohydrates: 23.76g (8.64%), Sugar: 4.01g (4.45%), Cholesterol: 92.63mg (30.88%), Sodium: 989.94mg (43.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.9g (21.79%), Manganese: 0.77mg (38.58%), Selenium: 24.66µg (35.23%), Vitamin K: 28.57µg (27.21%), Phosphorus: 221.77mg (22.18%), Calcium: 203.49mg (20.35%), Vitamin B1: 0.28mg (18.95%), Vitamin B2: 0.31mg (18.21%), Iron: 2.77mg (15.38%), Vitamin B3: 2.59mg (12.95%), Folate: 46.78µg (11.69%), Magnesium: 44.06mg (11.01%), Fiber: 2.49g (9.97%), Vitamin B6: 0.2mg (9.87%), Vitamin A: 467.59IU (9.35%), Zinc: 1.35mg (8.99%), Vitamin B12: 0.54µg (8.95%), Potassium: 269.89mg (7.71%), Vitamin B5: 0.72mg (7.19%), Copper: 0.12mg (6.22%), Vitamin D: 0.8µg (5.34%), Vitamin E: 0.74mg (4.95%), Vitamin C: 1.4mg (1.7%)