

Bacon Waffles

READY IN



45 min.

SERVINGS



8

CALORIES



368 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 pound bacon sliced
- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 large eggs at room temperature
- ☐ 2 cups flour all-purpose
- ☐ 8 servings maple syrup for serving
- ☐ 1.5 cups milk
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons butter unsalted melted

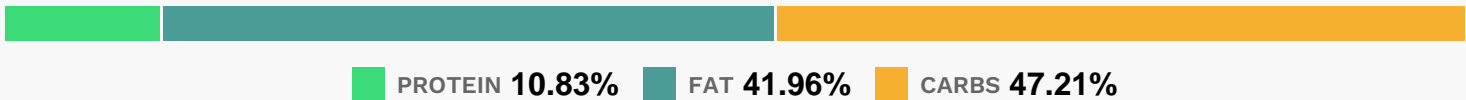
Equipment

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

Directions

- ☐ Cook bacon until crisp.
- ☐ Drain and then coarsely crumble.
- ☐ Plug in an electric waffle iron to preheat.
- ☐ Meanwhile, combine flour, sugar, baking powder and salt in a large bowl; whisk together to blend.
- ☐ Pour milk in a glass measuring cup and microwave for 1 minute at full power to heat slightly.
- ☐ Pour into medium bowl; whisk in melted butter and eggs.
- ☐ Add liquid ingredients to flour mixture, whisking just until blended.
- ☐ Grease waffle iron with cooking spray.
- ☐ Spread about 1/3 cup batter over each iron (or appropriate amount according to manufacturer's directions) and sprinkle 1/8 of bacon on top. Close waffle iron and cook until done. Repeat with remaining batter and bacon.
- ☐ Serve with warm syrup if desired.

Nutrition Facts



Properties

Glycemic Index:38.95, Glycemic Load:25.33, Inflammation Score:-3, Nutrition Score:11.145217439403%

Nutrients (% of daily need)

Calories: 368.47kcal (18.42%), Fat: 17.06g (26.25%), Saturated Fat: 6.86g (42.86%), Carbohydrates: 43.18g (14.39%), Net Carbohydrates: 42.33g (15.39%), Sugar: 17.31g (19.23%), Cholesterol: 78.23mg (26.08%), Sodium: 622.33mg (27.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.82%), Manganese: 0.68mg (34.13%), Vitamin B2: 0.55mg (32.55%), Selenium: 21.05µg (30.08%), Vitamin B1: 0.37mg (24.5%), Phosphorus: 168.28mg (16.83%), Folate: 63.17µg (15.79%), Vitamin B3: 3.06mg (15.3%), Calcium: 150.99mg (15.1%), Iron: 1.92mg (10.68%), Vitamin B12: 0.51µg (8.43%), Zinc: 1.05mg (6.98%), Vitamin B6: 0.14mg (6.92%), Vitamin B5: 0.66mg (6.6%), Potassium: 221.6mg (6.33%), Vitamin D: 0.92µg (6.13%), Magnesium: 21.81mg (5.45%), Vitamin A: 239.57IU (4.79%), Fiber: 0.85g (3.38%), Copper: 0.07mg (3.37%), Vitamin E: 0.38mg (2.51%)