



Bacon Waffles

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



227 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 35 servings bacon waffle mix
- ☐ 0.3 cup butter melted
- ☐ 35 servings pecan chicken tenders
- ☐ 2 large eggs
- ☐ 1.3 cups milk

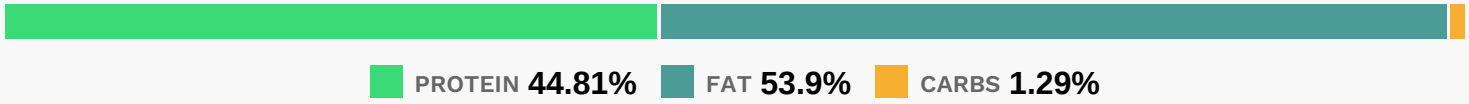
Equipment

- ☐ bowl
- ☐ waffle iron

Directions

- ☐ Place Bacon Waffle
- ☐ Mix in a medium bowl; stir in milk, melted butter, and eggs. Cook in a preheated oiled waffle iron until done.

Nutrition Facts



Properties

Glycemic Index:2.51, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:11.30304354818%

Nutrients (% of daily need)

Calories: 226.68kcal (11.33%), Fat: 13.19g (20.29%), Saturated Fat: 4.58g (28.61%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.43g (0.48%), Cholesterol: 93.68mg (31.23%), Sodium: 279.43mg (12.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.67g (49.33%), Vitamin B3: 11.33mg (56.63%), Selenium: 37.48µg (53.54%), Vitamin B6: 0.82mg (40.89%), Phosphorus: 256.53mg (25.65%), Vitamin B5: 1.63mg (16.25%), Potassium: 430.96mg (12.31%), Vitamin B1: 0.13mg (8.72%), Vitamin B2: 0.14mg (8.44%), Magnesium: 30.06mg (7.52%), Vitamin B12: 0.39µg (6.42%), Zinc: 0.91mg (6.09%), Iron: 0.51mg (2.84%), Vitamin E: 0.36mg (2.38%), Vitamin D: 0.34µg (2.27%), Vitamin A: 108.21IU (2.16%), Copper: 0.04mg (1.92%), Calcium: 18.81mg (1.88%), Vitamin C: 1.2mg (1.45%), Folate: 5.39µg (1.35%)