



Banana-Cinnamon Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



220 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 large banana ripe mashed
- ☐ 0.3 cup buckwheat flour
- ☐ 3 tablespoons butter melted
- ☐ 2 large eggs lightly beaten
- ☐ 1.5 cups milk fat-free
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.3 cup ground flaxseed
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup flour whole wheat

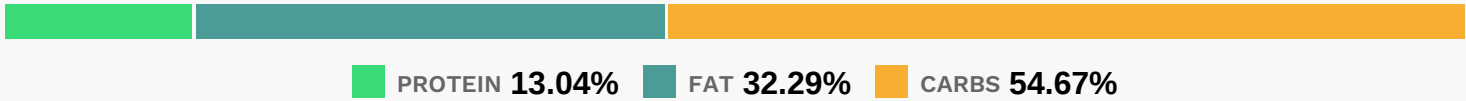
Equipment

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

Directions

- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours, flaxseed, and next 4 ingredients (through salt) in a medium bowl, stirring with a whisk.
- ☐ Combine milk, butter, and eggs, stirring with a whisk; add milk mixture to flour mixture, stirring until blended. Fold in mashed banana.
- ☐ Preheat a waffle iron. Coat iron with cooking spray. Spoon about 1/4 cup batter per 4-inch waffle onto hot waffle iron, spreading batter to edges. Cook 3 to 4 minutes or until steaming stops; repeat procedure with remaining batter.

Nutrition Facts



Properties

Glycemic Index:51.51, Glycemic Load:13.57, Inflammation Score:-5, Nutrition Score:10.565217546795%

Flavonoids

Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg

Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 220.16kcal (11.01%), Fat: 8.12g (12.49%), Saturated Fat: 3.4g (21.23%), Carbohydrates: 30.93g (10.31%), Net Carbohydrates: 27.45g (9.98%), Sugar: 7.69g (8.54%), Cholesterol: 59.17mg (19.72%), Sodium: 225.1mg (9.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.76%), Manganese: 0.68mg (34.24%), Selenium: 16.42µg (23.45%), Vitamin B1: 0.29mg (19.62%), Phosphorus: 183.8mg (18.38%), Vitamin B2: 0.24mg (13.93%), Fiber: 3.47g (13.9%), Magnesium: 54.71mg (13.68%), Calcium: 134.33mg (13.43%), Folate: 48.63µg (12.16%), Iron: 1.79mg (9.96%), Vitamin B6: 0.19mg (9.68%), Vitamin B3: 1.86mg (9.3%), Copper: 0.16mg (7.88%), Potassium: 263.08mg (7.52%), Zinc: 1.04mg (6.93%), Vitamin B12: 0.39µg (6.44%), Vitamin A: 304.33IU (6.09%), Vitamin B5: 0.6mg (5.98%), Vitamin D: 0.76µg (5.04%), Vitamin E: 0.36mg (2.42%), Vitamin C: 1.51mg (1.83%), Vitamin K: 1.2µg (1.14%)