



## Banana-Nut Waffles

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



65 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup banana very ripe mashed (2 medium)
- 1 cup milk
- 0.3 cup walnut pieces finely chopped
- 2 tablespoons vegetable oil
- 1 eggs
- 2 cups frangelico

### Equipment

- oven

waffle iron

## Directions

- Heat waffle iron; grease with vegetable oil or shortening.
- Stir ingredients until blended.
- Pour onto center of hot waffle iron. Close lid of waffle iron.
- Bake about 5 minutes or until steaming stops. Carefully remove waffle.

## Nutrition Facts

**PROTEIN 9.73%** **FAT 65.53%** **CARBS 24.74%**

## Properties

Glycemic Index:9.4, Glycemic Load:1.78, Inflammation Score:-1, Nutrition Score:2.3230434759803%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 64.55kcal (3.23%), Fat: 4.9g (7.53%), Saturated Fat: 1g (6.26%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 3.67g (1.34%), Sugar: 2.58g (2.87%), Cholesterol: 16.08mg (5.36%), Sodium: 13.11mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.27%), Manganese: 0.12mg (5.94%), Vitamin K: 4.37µg (4.16%), Phosphorus: 38.98mg (3.9%), Vitamin B6: 0.08mg (3.88%), Vitamin B2: 0.06mg (3.39%), Calcium: 30.08mg (3.01%), Potassium: 91.06mg (2.6%), Copper: 0.05mg (2.57%), Magnesium: 10.11mg (2.53%), Selenium: 1.76µg (2.51%), Vitamin B12: 0.14µg (2.37%), Vitamin D: 0.3µg (1.98%), Fiber: 0.49g (1.95%), Vitamin B5: 0.19mg (1.88%), Vitamin E: 0.26mg (1.76%), Vitamin B1: 0.03mg (1.67%), Folate: 6.61µg (1.65%), Zinc: 0.22mg (1.5%), Vitamin C: 1.12mg (1.36%), Vitamin A: 61.23IU (1.22%)