



# Banana-Pecan Waffles with Chunky Pineapple Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



329 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.8 cup banana ripe mashed
- 0.1 lb butter melted
- 2 large eggs separated
- 1 cup flour all-purpose
- 0.5 teaspoon ground cinnamon

- 0.3 teaspoon ground nutmeg
- 0.8 cup milk 2% low-fat ( )
- 0.8 cup pecans toasted chopped (see notes)
- 0.3 teaspoon salt
- 0.5 cup cup heavy whipping cream sour
- 1 tablespoon sugar

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- blender
- hand mixer
- waffle iron

## Directions

- In a large bowl, stir together flour, sugar, baking powder, baking soda, cinnamon, nutmeg, and salt. In another bowl, mix egg yolks, milk, banana, sour cream, and butter until well blended. Stir egg-yolk mixture into flour mixture just until combined. Stir in pecans.
- In another large bowl, with an electric mixer on high speed, beat egg whites until soft peaks form. Gently fold into batter until no white streaks remain.
- Turn a Belgian waffle iron to high heat; brush both sides lightly with oil or melted butter. When hot, add about 1/2 cup batter per 4-inch square; close iron and cook until waffle is well browned (lift lid slightly to check), 6 to 9 minutes.
- Remove waffle; keep warm on a baking sheet in a 200 oven up to 15 minutes. Repeat to cook remaining waffles.
- Serve warm with chunky pineapple sauce, maple syrup, and additional sliced bananas, if desired.
- Chunky pineapple sauce: In a 1- to 2-quart pan over medium heat, stir 1 1/2 cups fresh pineapple chunks and 3/4 cup sugar until sugar is dissolved and juices are bubbling, about 5

minutes.

Let cool 5 minutes, then whirl in a blender until smooth. Stir in 1 cup finely chopped fresh pineapple and 1 tablespoon lemon juice. Makes 2 cups.

## Nutrition Facts

**PROTEIN 8.45%** **FAT 59.76%** **CARBS 31.79%**

### Properties

Glycemic Index:71.14, Glycemic Load:15.3, Inflammation Score:-5, Nutrition Score:10.62217383281%

### Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 329.33kcal (16.47%), Fat: 22.46g (34.56%), Saturated Fat: 8.32g (52.02%), Carbohydrates: 26.88g (8.96%), Net Carbohydrates: 24.54g (8.92%), Sugar: 7.04g (7.83%), Cholesterol: 95.1mg (31.7%), Sodium: 396.62mg (17.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.15g (14.3%), Manganese: 0.79mg (39.46%), Selenium: 14.28µg (20.4%), Vitamin B1: 0.28mg (18.61%), Vitamin B2: 0.29mg (16.83%), Phosphorus: 163.32mg (16.33%), Calcium: 141.52mg (14.15%), Folate: 54.53µg (13.63%), Copper: 0.21mg (10.53%), Vitamin A: 522.89IU (10.46%), Iron: 1.76mg (9.8%), Fiber: 2.35g (9.38%), Magnesium: 32.79mg (8.2%), Vitamin B6: 0.16mg (7.93%), Vitamin B3: 1.57mg (7.85%), Zinc: 1.15mg (7.69%), Vitamin B5: 0.7mg (6.98%), Potassium: 237.56mg (6.79%), Vitamin B12: 0.38µg (6.41%), Vitamin E: 0.68mg (4.54%), Vitamin D: 0.66µg (4.39%), Vitamin C: 1.95mg (2.36%), Vitamin K: 1.67µg (1.59%)