

Banana Waffles

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



239 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 teaspoons double-acting baking powder
- 2 bananas ripe sliced
- 1 eggs
- 1.3 cups flour all-purpose
- 1 pinch ground nutmeg
- 1 cup milk 1%
- 0.5 teaspoon salt

Equipment

mixing bowl

waffle iron

Directions

Preheat waffle iron. In a large mixing bowl, sift together flour, baking powder, salt and nutmeg. Stir in milk and eggs until mixture is smooth.

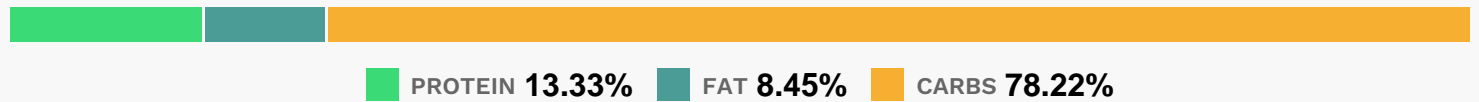
Spray preheated waffle iron with non-stick cooking spray.

Pour two tablespoons of the waffle batter onto the hot waffle iron.

Place two slices of banana on top of the batter and then spoon another two tablespoons of batter on top of the banana. Cook until golden brown.

Serve hot.

Nutrition Facts



Properties

Glycemic Index:72.94, Glycemic Load:28.9, Inflammation Score:-5, Nutrition Score:12.153478325709%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 238.7kcal (11.94%), Fat: 2.27g (3.5%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 47.36g (15.79%), Net Carbohydrates: 44.71g (16.26%), Sugar: 10.34g (11.49%), Cholesterol: 43.87mg (14.62%), Sodium: 648.73mg (28.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.07g (16.15%), Calcium: 266.23mg (26.62%), Selenium: 18.46µg (26.37%), Vitamin B1: 0.36mg (24.26%), Folate: 89.82µg (22.46%), Manganese: 0.44mg (21.94%), Vitamin B2: 0.37mg (21.71%), Phosphorus: 203.98mg (20.4%), Vitamin B6: 0.29mg (14.41%), Vitamin B3: 2.78mg (13.88%), Iron: 2.5mg (13.88%), Fiber: 2.65g (10.59%), Potassium: 363.54mg (10.39%), Magnesium: 34.2mg (8.55%), Vitamin B12: 0.46µg (7.63%), Vitamin B5: 0.75mg (7.5%), Vitamin C: 5.14mg (6.23%), Vitamin D: 0.87µg (5.79%), Copper: 0.11mg (5.69%), Zinc: 0.76mg (5.09%), Vitamin A: 213.05IU (4.26%), Vitamin E: 0.21mg (1.4%)