



Bananas Foster Belgian Waffles

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



947 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 3 bananas cut into 1/2 inch slices
- ☐ 0.7 cup brown sugar
- ☐ 0.3 cup butter
- ☐ 1 tablespoon confectioners' sugar
- ☐ 3 eggs
- ☐ 1.3 cups flour all-purpose

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup heavy cream
- ☐ 1.3 cups milk
- ☐ 0.5 cup pancake syrup (i.e. Mrs. Butterworth's®)
- ☐ 0.3 cup pecans whole
- ☐ 2 teaspoons rum extract flavored
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon vanilla extract
- ☐ 2 teaspoons sugar white

Equipment

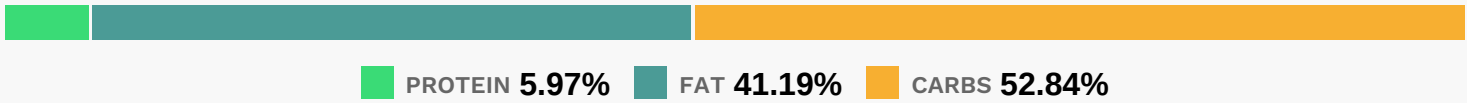
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer
- ☐ waffle iron

Directions

- ☐ Preheat a Belgium waffle iron.
- ☐ Whisk together the flour, baking soda, baking powder, white sugar, and salt in a bowl; set aside.
- ☐ Whisk together the eggs, 1 1/2 teaspoons vanilla extract, and milk in a bowl. Stir in the melted butter and flour mixture until a slightly lumpy batter forms. Cook the waffles in the preheated iron until steam stops coming out of the seam, about 2 minutes.
- ☐ Meanwhile, melt 1/4 cup of butter in a saucepan over medium heat. Stir in the brown sugar, rum extract, 2 teaspoons vanilla extract, and cinnamon. Bring to a simmer, then stir in the pecans and continue simmering for 1 minute. Stir in the pancake syrup and bananas, continue cooking until the bananas soften, about 4 minutes.
- ☐ Beat the heavy cream, 1/4 teaspoon of vanilla and confectioners' sugar with an electric mixer in a medium bowl until firm peaks form.

Once waffles are done, spoon bananas Foster sauce over waffle and top with a dollop of whip cream.

Nutrition Facts



Properties

Glycemic Index:98.72, Glycemic Load:36.18, Inflammation Score:-8, Nutrition Score:21.496521669885%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 5.85mg, Catechin: 5.85mg, Catechin: 5.85mg, Catechin: 5.85mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 946.96kcal (47.35%), Fat: 44.52g (68.49%), Saturated Fat: 24.47g (152.92%), Carbohydrates: 128.49g (42.83%), Net Carbohydrates: 124.33g (45.21%), Sugar: 56.49g (62.77%), Cholesterol: 231.83mg (77.28%), Sodium: 798.28mg (34.71%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 14.53g (29.05%), Manganese: 0.92mg (45.85%), Selenium: 29.6µg (42.29%), Vitamin B2: 0.66mg (38.99%), Calcium: 327.6mg (32.76%), Vitamin A: 1624.02IU (32.48%), Phosphorus: 316.41mg (31.64%), Vitamin B1: 0.47mg (31.41%), Folate: 114.01µg (28.5%), Vitamin B6: 0.5mg (24.93%), Iron: 3.5mg (19.45%), Potassium: 666.16mg (19.03%), Copper: 0.34mg (16.78%), Vitamin D: 2.51µg (16.71%), Vitamin B3: 3.33mg (16.64%), Fiber: 4.16g (16.63%), Magnesium: 63.53mg (15.88%), Vitamin B5: 1.57mg (15.67%), Vitamin B12: 0.85µg (14.2%), Zinc: 1.65mg (11.01%), Vitamin C: 8.13mg (9.86%), Vitamin E: 1.47mg (9.8%), Vitamin K: 4.1µg (3.91%)