



## Basic Waffle

 Vegetarian  Popular

READY IN



30 min.

SERVINGS



6

CALORIES



328 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 16 ounces buttermilk room temperature
- 4.8 ounces flour all-purpose
- 1 teaspoon salt
- 3 tablespoons sugar
- 2 ounces butter unsalted melted
- 3 eggs whole beaten

4.8 ounces flour whole-wheat

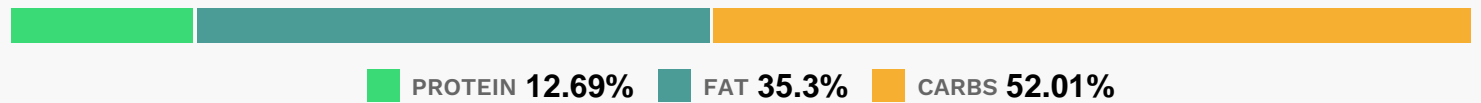
## Equipment

- bowl
- ladle
- oven
- whisk
- waffle iron

## Directions

- Watch how to make this recipe.
- Preheat waffle iron according to manufacturer's directions.
- In a medium bowl whisk together the flours, soda, baking powder, salt, and sugar. In another bowl beat together eggs and melted butter, and then add the buttermilk.
- Add the wet ingredients to the dry and stir until combined. Allow to rest for 5 minutes.
- Ladle the recommended amount of waffle batter onto the iron according to the manufacturer's recommendations. Close iron top and cook until the waffle is golden on both sides and is easily removed from iron.
- Serve immediately or keep warm in a 200 degree F oven until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:44.68, Glycemic Load:17.89, Inflammation Score:-5, Nutrition Score:14.035652196926%

## Nutrients (% of daily need)

Calories: 327.54kcal (16.38%), Fat: 13.06g (20.09%), Saturated Fat: 7.11g (44.44%), Carbohydrates: 43.29g (14.43%), Net Carbohydrates: 40.28g (14.65%), Sugar: 9.92g (11.02%), Cholesterol: 110.47mg (36.82%), Sodium: 662.06mg (28.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.56g (21.12%), Manganese: 1.08mg (53.84%), Selenium: 31.16µg (44.52%), Phosphorus: 229.06mg (22.91%), Vitamin B2: 0.38mg (22.52%), Vitamin B1: 0.33mg (22.24%), Folate: 65.35µg (16.34%), Calcium: 152mg (15.2%), Iron: 2.34mg (12.99%), Vitamin B3: 2.53mg (12.63%),

Fiber: 3.01g (12.03%), Magnesium: 46.26mg (11.57%), Vitamin D: 1.56µg (10.43%), Vitamin A: 481.71IU (9.63%),  
Vitamin B12: 0.56µg (9.33%), Zinc: 1.32mg (8.81%), Vitamin B5: 0.87mg (8.69%), Vitamin B6: 0.17mg (8.31%),  
Copper: 0.16mg (8.07%), Potassium: 240.5mg (6.87%), Vitamin E: 0.68mg (4.51%), Vitamin K: 1.45µg (1.38%)