



Belgian Sugared Dessert Waffles

READY IN



20 min.

SERVINGS



2

CALORIES



1037 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup corn flakes/bran flakes crushed fiber honey clusters®
- 1 cup complete seasoning
- 1 eggs
- 0.5 cup milk
- 0.5 cup sugar raw (sugar)
- 21 oz jell-o lemon flavor pudding & pie filling canned
- 2 cups non-dairy whipped topping frozen thawed ()
- 2 cups blueberries fresh
- 1 serving corn flakes/bran flakes additional fiber honey clusters®

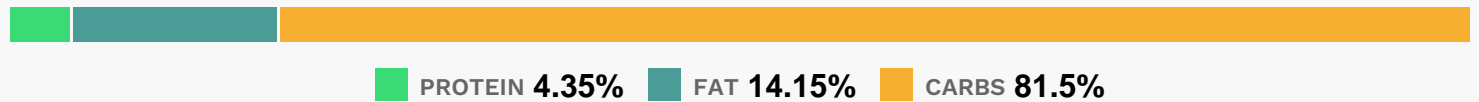
Equipment

- bowl
- oven
- waffle iron

Directions

- Spray Belgian waffle maker with cooking spray.
- Heat waffle maker.
- In medium bowl, stir together crushed cereal, Bisquick mix, egg and milk until blended. Stir in turbinado sugar. Spoon half of the batter onto hot waffle maker. Close lid; bake about 5 minutes or until steaming stops. Carefully remove waffle to serving plate. Repeat with remaining batter.
- Top waffles with lemon pie filling and whipped topping.
- Sprinkle with blueberries and additional cereal. (Waffles are large; cut in half to serve, if desired.)

Nutrition Facts



Properties

Glycemic Index:111.25, Glycemic Load:23.97, Inflammation Score:-9, Nutrition Score:31.42086941263%

Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg Galliccatechin: 0.18mg, Galliccatechin: 0.18mg, Galliccatechin: 0.18mg, Galliccatechin: 0.18mg

Nutrients (% of daily need)

Calories: 1036.57kcal (51.83%), Fat: 16.76g (25.78%), Saturated Fat: 10.48g (65.5%), Carbohydrates: 217.13g (72.38%), Net Carbohydrates: 207.18g (75.34%), Sugar: 175.21g (194.67%), Cholesterol: 141.26mg (47.09%), Sodium: 11682.11mg (507.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.58g (23.17%), Manganese: 1.78mg (88.88%), Folate: 254.92µg (63.73%), Iron: 10.86mg (60.33%), Vitamin B2: 0.8mg (47.23%), Vitamin B12: 2.43µg (40.42%), Selenium: 28.24µg (40.34%), Fiber: 9.96g (39.83%), Vitamin B6: 0.76mg (38.08%), Vitamin B1: 0.57mg (37.85%), Phosphorus: 336.08mg (33.61%), Vitamin B3: 6.62mg (33.1%), Vitamin K: 31.7µg (30.19%), Magnesium: 105.24mg (26.31%), Vitamin A: 1228.04IU (24.56%), Vitamin C: 14.36mg (17.4%), Zinc: 2.61mg (17.4%), Calcium: 170.88mg (17.09%), Vitamin D: 2.27µg (15.11%), Potassium: 512.62mg (14.65%), Copper: 0.29mg (14.39%), Vitamin E: 1.75mg (11.66%), Vitamin B5: 1.05mg (10.52%)