



Belgian Sugared Dessert Waffles

READY IN



20 min.

SERVINGS



2

CALORIES



1227 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

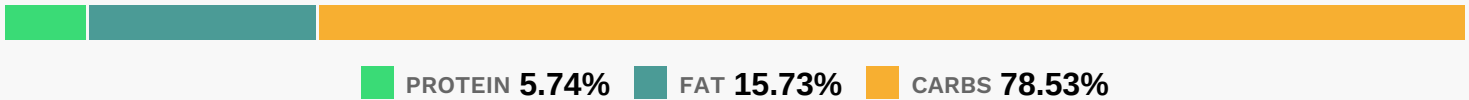
Equipment

- ☐ 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:30.72, Inflammation Score:-10, Nutrition Score:44.227391160053%

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 Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 1227.47kcal (61.37%), Fat: 22.08g (33.97%), Saturated Fat: 11.87g (74.18%), Carbohydrates: 247.99g (82.66%), Net Carbohydrates: 234.06g (85.11%), Sugar: 178g (197.77%), Cholesterol: 187.41mg (62.47%), Sodium: 1444.89mg (62.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.14g (36.28%), Manganese: 2.4mg (120.19%), Folate: 378.37µg (94.59%), Iron: 15.9mg (88.36%), Vitamin B2: 1.22mg (71.47%), Phosphorus: 606.88mg (60.69%), Selenium: 42.48µg (60.69%), Vitamin B1: 0.89mg (59.56%), Vitamin B12: 3.4µg (56.6%), Fiber: 13.94g (55.75%), Vitamin B6: 1.08mg (54.24%), Vitamin B3: 9.93mg (49.62%), Magnesium: 153.89mg (38.47%), Vitamin A: 1765.54IU (35.31%), Calcium: 317.23mg (31.72%), Vitamin K: 31.91µg (30.39%), Zinc: 3.85mg (25.65%), Potassium: 721.92mg (20.63%), Copper: 0.39mg (19.67%), Vitamin D: 2.76µg (18.41%), Vitamin C: 14.75mg (17.87%), Vitamin B5: 1.51mg (15.11%), Vitamin E: 1.87mg (12.43%)