



Belgian Waffles

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



512 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 8 servings poached berries fresh
- ☐ 0.5 cup buttermilk
- ☐ 2 cups cake flour
- ☐ 8 servings confectioners' sugar
- ☐ 2 eggs
- ☐ 1 cup heavy cream

- ☐ 8 servings ice cream
- ☐ 1 tablespoon maraschino liqueur for a non-alcoholic substitution, use 1 teaspoon vanilla extract
- ☐ 1 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon confectioner' sugar
- ☐ 0.3 cup butter unsalted melted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ waffle iron

Directions

- ☐ Preheat a waffle iron. In a large bowl, stir together the dry ingredients. Make a well in the center and add the buttermilk, milk, eggs, and melted butter.
- ☐ Mix together just until combined (DON'T OVERMIX THE BATTER!). The batter should look slightly lumpy.
- ☐ Spray the waffle iron with the nonstick vegetable spray.
- ☐ Pour 1/2 cup of the batter or the amount recommended by the waffle-iron maker onto the waffle iron; bake as directed by the manufacturer.
- ☐ Dust finished waffles with confectioners' sugar and top with fresh berries, Whipped Cream, or ice cream, if desired.
- ☐ Serve hot off the griddle.
- ☐ In a chilled bowl, whip the cream until slightly thickened, about 2 minutes.
- ☐ Add the sugar and maraschino. Whip to soft, fluffy peaks, about 2 minutes.

Nutrition Facts



 **PROTEIN 7.66%**  **FAT 47.02%**  **CARBS 45.32%**

Properties

Glycemic Index:53.65, Glycemic Load:30.46, Inflammation Score:-6, Nutrition Score:9.6613043909488%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 511.93kcal (25.6%), Fat: 26.82g (41.26%), Saturated Fat: 16.24g (101.51%), Carbohydrates: 58.17g (19.39%), Net Carbohydrates: 56.93g (20.7%), Sugar: 33.44g (37.16%), Cholesterol: 124.14mg (41.38%), Sodium: 371.32mg (16.14%), Alcohol: 0.76g (100%), Alcohol %: 0.45% (100%), Protein: 9.83g (19.66%), Selenium: 19.17µg (27.38%), Calcium: 259.85mg (25.99%), Phosphorus: 216.88mg (21.69%), Vitamin B2: 0.36mg (21%), Vitamin A: 1027.IIU (20.54%), Manganese: 0.26mg (13.04%), Vitamin B12: 0.65µg (10.81%), Vitamin D: 1.46µg (9.77%), Vitamin B5: 0.94mg (9.45%), Potassium: 274.9mg (7.85%), Zinc: 1.13mg (7.5%), Magnesium: 26.21mg (6.55%), Vitamin E: 0.91mg (6.05%), Vitamin B1: 0.09mg (5.81%), Folate: 21.01µg (5.25%), Fiber: 1.24g (4.97%), Vitamin B6: 0.1mg (4.86%), Copper: 0.09mg (4.5%), Iron: 0.75mg (4.14%), Vitamin B3: 0.47mg (2.35%), Vitamin K: 2.07µg (1.98%)