

# Belgian Waffles

 Vegetarian

READY IN



10 min.

SERVINGS



12

CALORIES



127 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2 cups baking mix
- ☐ 1.3 cups milk
- ☐ 2 tablespoons vegetable oil
- ☐ 1 eggs

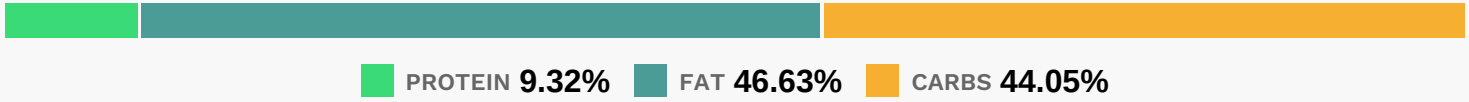
## Equipment

- ☐ oven
- ☐ waffle iron

# Directions

- ☐
- Heat Belgian waffle iron; grease if necessary. Stir all ingredients until blended.
- ☐
- Pour batter by scant cupfuls onto center of hot waffle iron.
- ☐
- Bake 3 to 5 minutes or until steaming slows and waffle is golden brown. Carefully remove waffle.

# Nutrition Facts



# Properties

Glycemic Index:3.17, Glycemic Load:0.48, Inflammation Score:-1, Nutrition Score:4.0117390962399%

# Nutrients (% of daily need)

Calories: 127.15kcal (6.36%), Fat: 6.56g (10.1%), Saturated Fat: 1.76g (10.99%), Carbohydrates: 13.95g (4.65%), Net Carbohydrates: 13.53g (4.92%), Sugar: 3.65g (4.05%), Cholesterol: 17.29mg (5.76%), Sodium: 270.71mg (11.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Phosphorus: 151.64mg (15.16%), Vitamin B1: 0.13mg (8.78%), Vitamin B2: 0.14mg (8.33%), Calcium: 71.2mg (7.12%), Folate: 26.72µg (6.68%), Vitamin K: 5.56µg (5.3%), Vitamin B3: 0.94mg (4.7%), Selenium: 3.14µg (4.49%), Vitamin B12: 0.26µg (4.28%), Manganese: 0.07mg (3.51%), Iron: 0.62mg (3.44%), Vitamin B5: 0.33mg (3.34%), Vitamin D: 0.37µg (2.48%), Potassium: 78.33mg (2.24%), Magnesium: 8.69mg (2.17%), Vitamin B6: 0.04mg (1.9%), Zinc: 0.28mg (1.86%), Vitamin E: 0.26mg (1.76%), Copper: 0.03mg (1.69%), Fiber: 0.42g (1.68%), Vitamin A: 64.52IU (1.29%)