



## Belgian Waffles with Berry Cream

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



159 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup whipping cream
- 0.3 cup powdered sugar
- 2 cups strawberries fresh frozen thawed drained sliced
- 0.5 cup blueberries fresh thawed drained ( and )
- 2 eggs
- 1 cup milk
- 2 tablespoons granulated sugar
- 0.3 cup vegetable oil

- 1 serving poached berries
- 2.3 cups frangelico

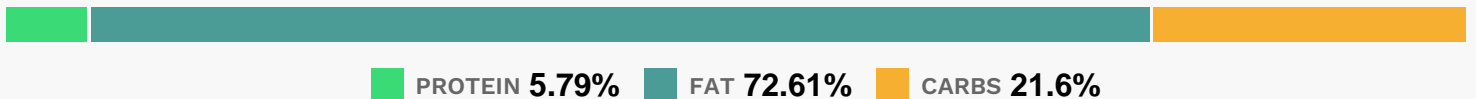
## Equipment

- bowl
- oven
- hand mixer
- waffle iron

## Directions

- In chilled medium bowl, beat whipping cream and powdered sugar with electric mixer on high speed until stiff peaks form. Fold in strawberries and blueberries.
- Heat Belgian or regular waffle iron (Waffle irons without a nonstick coating may need to be brushed with vegetable oil or sprayed with cooking spray before batter for each waffle is added.)
- In small bowl, beat eggs with electric mixer on high speed about 3 minutes or until thick and lemon colored. Beat in milk. Beat in Bisquick and granulated sugar on low speed until smooth. Gently fold in oil.
- Pour batter onto hot waffle iron. (Check manufacturer's directions for recommended amount of batter.) Close lid of waffle iron.
- Bake about 5 minutes or until steaming stops. Carefully remove waffle. Top each waffle with berry cream and additional berries.

## Nutrition Facts



## Properties

Glycemic Index:15.67, Glycemic Load:2.6, Inflammation Score:-3, Nutrition Score:4.2499999766764%

## Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.28mg, Delphinidin: 2.28mg, Delphinidin: 2.28mg, Delphinidin:

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## Nutrients (% of daily need)

Calories: 158.93kcal (7.95%), Fat: 13.15g (20.23%), Saturated Fat: 5.87g (36.67%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 8.17g (2.97%), Sugar: 7.82g (8.69%), Cholesterol: 52.13mg (17.38%), Sodium: 23.87mg (1.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Vitamin C: 14.83mg (17.98%), Vitamin K: 10.8µg (10.29%), Vitamin A: 370.34IU (7.41%), Vitamin B2: 0.11mg (6.33%), Manganese: 0.12mg (5.84%), Phosphorus: 53.07mg (5.31%), Vitamin E: 0.75mg (4.98%), Selenium: 3.36µg (4.8%), Calcium: 46.47mg (4.65%), Vitamin D: 0.69µg (4.58%), Vitamin B12: 0.21µg (3.45%), Potassium: 101.07mg (2.89%), Vitamin B5: 0.28mg (2.77%), Folate: 10.38µg (2.59%), Fiber: 0.63g (2.52%), Vitamin B6: 0.05mg (2.32%), Magnesium: 8.2mg (2.05%), Zinc: 0.27mg (1.8%), Vitamin B1: 0.03mg (1.76%), Iron: 0.27mg (1.49%), Copper: 0.02mg (1.15%)