



Belgian Waffles with Berry Cream

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



159 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

- 1 cup whipping cream
- 2.3 cups frangelico
- 2.3 cups frangelico

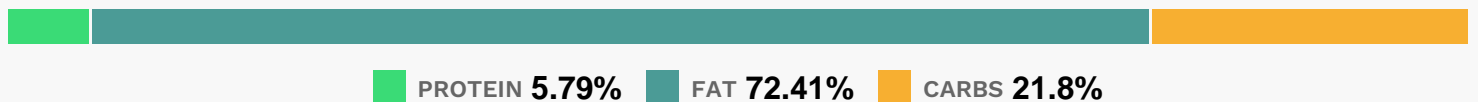
Equipment

- 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:4.2730435055235%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Petunidin: 2.15mg, Petunidin: 2.15mg, Petunidin: 2.15mg, Petunidin: 2.15mg Delphinidin: 2.48mg, Delphinidin: 2.48mg, Delphinidin: 2.48mg, Delphinidin: 2.48mg Malvidin: 4.67mg, Malvidin: 4.67mg, Malvidin: 4.67mg, Malvidin: 4.67mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 1.27mg, Peonidin: 1.27mg, Peonidin: 1.27mg, Peonidin: 1.27mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 159.4kcal (7.97%), Fat: 13.15g (20.24%), Saturated Fat: 5.87g (36.67%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 8.26g (3%), Sugar: 7.9g (8.78%), Cholesterol: 52.13mg (17.38%), Sodium: 23.88mg (1.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.73%), Vitamin C: 14.85mg (18.01%), Vitamin K: 10.95µg (10.43%), Vitamin A: 370.76IU (7.42%), Vitamin B2: 0.11mg (6.35%), Manganese: 0.12mg (5.9%), Phosphorus: 53.17mg (5.32%), Vitamin E: 0.75mg (5%), Selenium: 3.36µg (4.8%), Calcium: 46.54mg (4.65%), Vitamin D: 0.69µg (4.58%), Vitamin B12: 0.21µg (3.45%), Potassium: 101.56mg (2.9%), Vitamin B5: 0.28mg (2.78%), Fiber: 0.65g (2.62%), Folate: 10.44µg (2.61%), Vitamin B6: 0.05mg (2.34%), Magnesium: 8.25mg (2.06%), Zinc: 0.27mg (1.8%), Vitamin B1: 0.03mg (1.78%), Iron: 0.27mg (1.49%), Copper: 0.02mg (1.17%)