

Bisquick™ Waffles

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

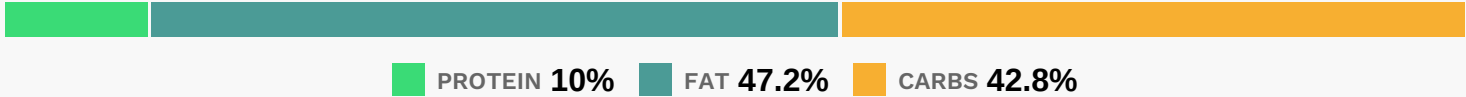
Equipment

- ☐ oven
- ☐ waffle iron

Directions

- ☐ Heat waffle iron; grease with vegetable oil or shortening.
- ☐ Stir ingredients until blended.
- ☐ Pour onto center of hot waffle iron. Close lid of waffle iron.
- ☐ Bake about 5 minutes or until steaming stops. Carefully remove waffle.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.54, Inflammation Score:-2, Nutrition Score:6.1917391387017%

Nutrients (% of daily need)

Calories: 192.49kcal (9.62%), Fat: 10.04g (15.45%), Saturated Fat: 2.62g (16.37%), Carbohydrates: 20.49g (6.83%), Net Carbohydrates: 19.86g (7.22%), Sugar: 5g (5.56%), Cholesterol: 45.18mg (15.06%), Sodium: 410.01mg (17.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.57%), Phosphorus: 228.09mg (22.81%), Vitamin B2: 0.22mg (13.14%), Vitamin B1: 0.19mg (12.93%), Folate: 42.67µg (10.67%), Calcium: 97.38mg (9.74%), Selenium: 6.21µg (8.87%), Vitamin K: 8.33µg (7.93%), Vitamin B3: 1.4mg (7.01%), Vitamin B12: 0.38µg (6.33%), Iron: 1.02mg (5.69%), Vitamin B5: 0.55mg (5.48%), Manganese: 0.11mg (5.32%), Vitamin D: 0.56µg (3.7%), Potassium: 109.83mg (3.14%), Magnesium: 12.48mg (3.12%), Vitamin B6: 0.06mg (3.01%), Vitamin E: 0.45mg (2.99%), Zinc: 0.45mg (2.98%), Copper: 0.05mg (2.72%), Fiber: 0.63g (2.52%), Vitamin A: 110.01IU (2.2%)