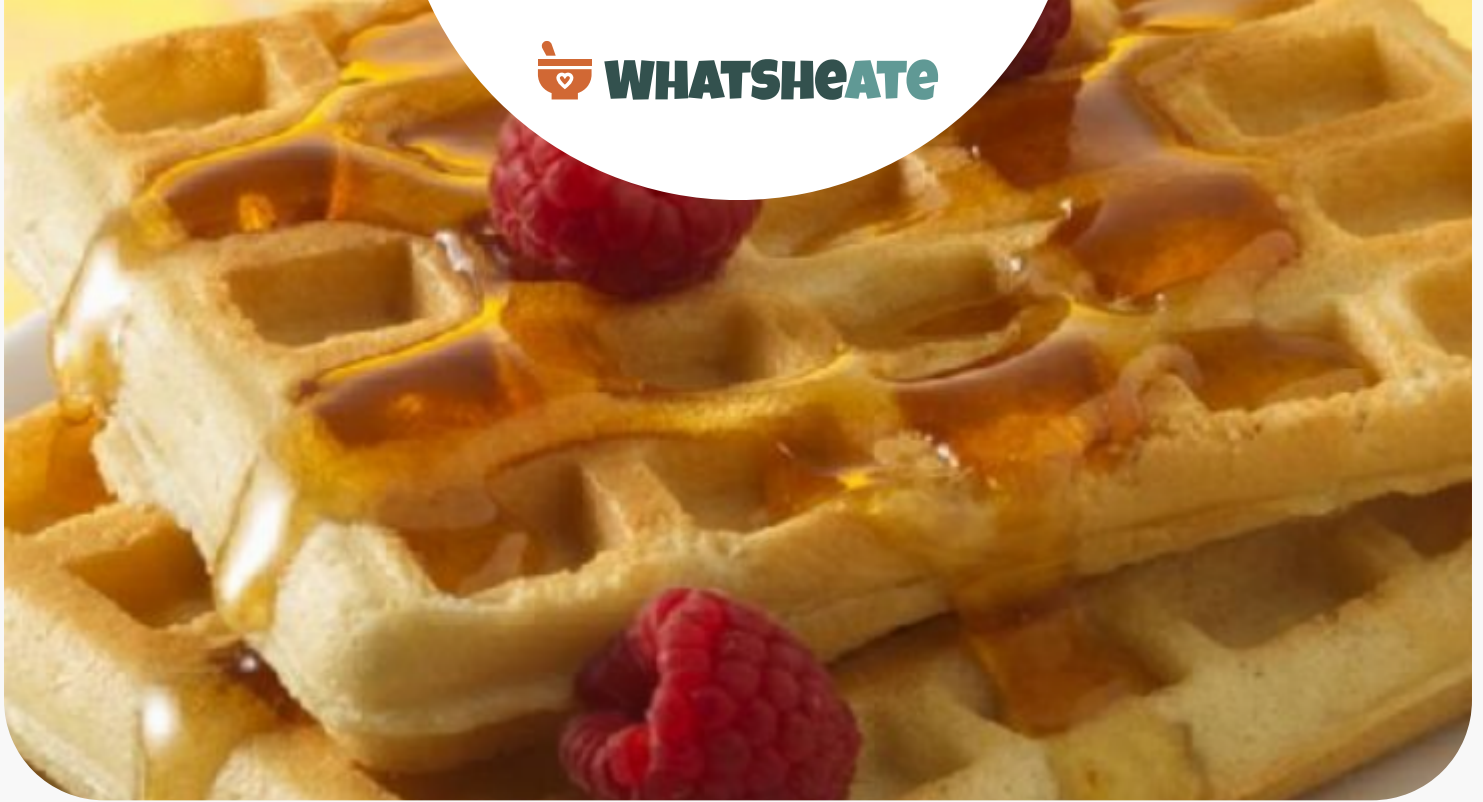




Bisquick® Waffles



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



42 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 eggs
- ☐ 1.3 cups milk
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups frangelico
- ☐ 2 cups frangelico

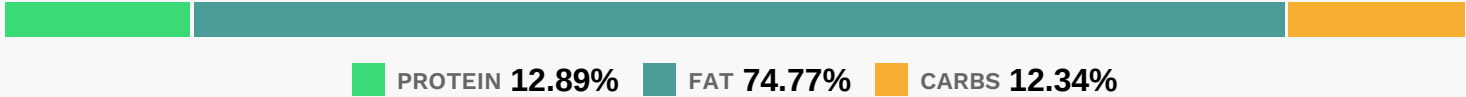
Equipment

- ☐ 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:3.17, Glycemic Load:0.48, Inflammation Score:-1, Nutrition Score:1.4443478240915%

Nutrients (% of daily need)

Calories: 41.55kcal (2.08%), Fat: 3.48g (5.36%), Saturated Fat: 0.96g (6.03%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 1.29g (0.47%), Sugar: 1.32g (1.46%), Cholesterol: 16.89mg (5.63%), Sodium: 15.51mg (0.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.7%), Vitamin K: 4.26µg (4.06%), Calcium: 35.4mg (3.54%), Phosphorus: 34.64mg (3.46%), Vitamin B2: 0.05mg (3.19%), Vitamin B12: 0.18µg (2.98%), Vitamin D: 0.37µg (2.48%), Selenium: 1.64µg (2.34%), Vitamin E: 0.24mg (1.58%), Vitamin B5: 0.16mg (1.57%), Potassium: 45.73mg (1.31%), Vitamin A: 63.72IU (1.27%), Vitamin B6: 0.02mg (1.14%), Vitamin B1: 0.02mg (1.11%), Zinc: 0.16mg (1.06%)