



BLT Waffle

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 strips bacon cut in half lengthwise and crosswise (1 oz. total)
- ☐ 2 teaspoons double-acting baking powder
- ☐ 12 cherry tomatoes cut in half
- ☐ 0.3 teaspoon dijon mustard
- ☐ 2 large eggs separated
- ☐ 1 cup flour all-purpose
- ☐ 4 servings fresh-ground pepper
- ☐ 1 cup milk
- ☐ 0.5 cup oil-packed tomatoes dried drained chopped (reserve oil)

- ☐ 3 tablespoons olive oil dried
- ☐ 2 cups baby lettuce salad mix
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons citrus champagne vinegar

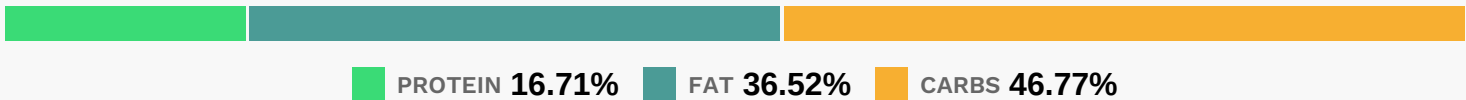
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ waffle iron

Directions

- ☐ In a large bowl, mix flour, baking powder, and 1/2 teaspoon salt.
- ☐ Add milk, egg yolks, dried tomatoes, and 2 tablespoons of the tomato oil; stir. In another large bowl, with a mixer on high speed, beat egg whites until soft peaks form. Fold whites into batter.
- ☐ Turn a waffle iron to high heat. Lightly spray both sides with cooking oil spray. When hot, pour about half of the batter (or an amount suited to your waffle maker) onto the waffle iron.
- ☐ Lay 2 pieces of bacon over the batter. Close waffle iron and bake until golden brown, 5 to 10 minutes.
- ☐ Remove waffles and keep warm on a baking sheet in a 200 oven. Repeat to cook remaining waffles.
- ☐ In a large bowl whisk together the remaining 1 tablespoon tomato oil, white wine vinegar, mustard, and salt and pepper to taste. Toss with the baby lettuce and cherry tomatoes.
- ☐ Top waffles with dressed salad.

Nutrition Facts



Properties

Glycemic Index:82.25, Glycemic Load:21.14, Inflammation Score:-7, Nutrition Score:19.299565377443%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 337.35kcal (16.87%), Fat: 13.97g (21.49%), Saturated Fat: 4.98g (31.11%), Carbohydrates: 40.25g (13.42%), Net Carbohydrates: 36.86g (13.4%), Sugar: 10.97g (12.18%), Cholesterol: 114.84mg (38.28%), Sodium: 740.82mg (32.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.38g (28.76%), Selenium: 25.26µg (36.09%), Manganese: 0.65mg (32.36%), Vitamin B1: 0.47mg (31.18%), Phosphorus: 305.44mg (30.54%), Vitamin B2: 0.48mg (28.11%), Vitamin C: 23.14mg (28.05%), Potassium: 952.06mg (27.2%), Calcium: 240.77mg (24.08%), Vitamin B3: 4.78mg (23.9%), Iron: 4.29mg (23.83%), Folate: 94.91µg (23.73%), Copper: 0.37mg (18.59%), Vitamin A: 872.27IU (17.45%), Magnesium: 61.54mg (15.39%), Fiber: 3.4g (13.58%), Vitamin B6: 0.27mg (13.34%), Vitamin B5: 1.33mg (13.27%), Vitamin B12: 0.66µg (11.03%), Zinc: 1.52mg (10.12%), Vitamin K: 9.47µg (9.02%), Vitamin D: 1.26µg (8.39%), Vitamin E: 0.7mg (4.64%)