



Blue Corn Waffles with Lavender Cream and Fresh Blueberries

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



468 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 4 servings blueberries
- ☐ 3 tablespoons butter melted
- ☐ 1 cup buttermilk
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 teaspoon salt

- ☐ 3 tablespoons sugar
- ☐ 0.8 cup cornmeal blue yellow

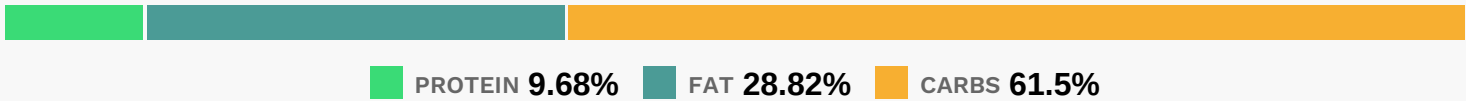
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ waffle iron

Directions

- ☐ In a large bowl, whisk together the cornmeal, flour, baking powder, salt, and sugar.
- ☐ Whisk in the eggs and buttermilk until well blended, then stir in the butter.
- ☐ Cook in a waffle iron according to manufacturer's directions.
- ☐ Serve hot with lavender cream (recipe follows) and fresh blueberries.
- ☐ Lavender cream. Cook 1/4 cup heavy whipping cream and a scant 1/4 teaspoon dried culinary lavender in a small saucepan over medium heat until hot but not boiling. Cool completely, then strain. Stir in another 3/4 cup heavy whipping cream and 1 tablespoon sugar, then whip to soft peaks. Cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:106.65, Glycemic Load:40.9, Inflammation Score:-7, Nutrition Score:17.856521606445%

Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol:

2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 468.36kcal (23.42%), Fat: 15.38g (23.66%), Saturated Fat: 7.71g (48.18%), Carbohydrates: 73.85g (24.62%), Net Carbohydrates: 66.86g (24.31%), Sugar: 27.28g (30.31%), Cholesterol: 122.18mg (40.72%), Sodium: 579.59mg (25.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.62g (23.24%), Manganese: 0.86mg (42.93%), Selenium: 19.94µg (28.49%), Vitamin K: 29.68µg (28.27%), Fiber: 6.99g (27.97%), Phosphorus: 267.95mg (26.79%), Vitamin B2: 0.43mg (25.11%), Calcium: 246.78mg (24.68%), Vitamin B1: 0.37mg (24.46%), Folate: 76.97µg (19.24%), Vitamin C: 14.36mg (17.4%), Iron: 3.13mg (17.4%), Vitamin B6: 0.33mg (16.38%), Vitamin B3: 2.82mg (14.08%), Magnesium: 55.82mg (13.96%), Zinc: 1.89mg (12.58%), Vitamin A: 576.32IU (11.53%), Copper: 0.22mg (11.21%), Vitamin B5: 1.09mg (10.86%), Vitamin E: 1.52mg (10.11%), Potassium: 353.76mg (10.11%), Vitamin B12: 0.52µg (8.61%), Vitamin D: 1.28µg (8.53%)