



## Blueberry Flavored Waffles

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



465 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tablespoon baking soda
- 1 cup blueberries
- 0.3 cup butter melted
- 1 cup buttermilk
- 2 eggs
- 2 cups flour all-purpose
- 3 teaspoons sugar white
- 1 blueberry yogurt

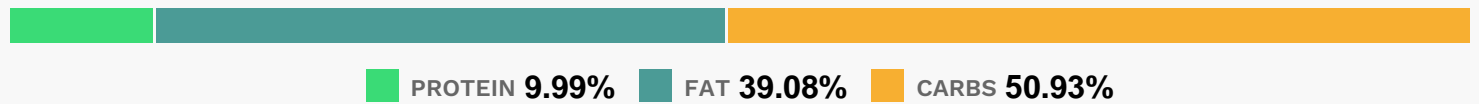
## Equipment

- bowl
- whisk
- waffle iron

## Directions

- Preheat a lightly greased waffle iron.
- In a medium bowl, mix flour, sugar and baking soda. In a small bowl, whisk together eggs, buttermilk and butter. Stir into the flour mixture, along with blueberries and blueberry yogurt.
- Pour mixture into waffle iron in batches, and cook until crisp and golden brown.

## Nutrition Facts



## Properties

Glycemic Index:71.27, Glycemic Load:39.31, Inflammation Score:-7, Nutrition Score:14.70043474695%

## Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## Nutrients (% of daily need)

Calories: 464.58kcal (23.23%), Fat: 20.17g (31.03%), Saturated Fat: 11.66g (72.9%), Carbohydrates: 59.16g (19.72%), Net Carbohydrates: 56.58g (20.57%), Sugar: 9.88g (10.98%), Cholesterol: 129.14mg (43.05%), Sodium: 1038.44mg (45.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.6g (23.2%), Selenium: 30.42µg (43.45%), Vitamin B1: 0.54mg (36.16%), Folate: 130.52µg (32.63%), Vitamin B2: 0.54mg (31.47%), Manganese: 0.56mg (27.96%), Vitamin

B3: 3.92mg (19.62%), Iron: 3.41mg (18.96%), Phosphorus: 171.28mg (17.13%), Vitamin A: 710.76IU (14.22%), Fiber: 2.58g (10.3%), Calcium: 97.79mg (9.78%), Vitamin B5: 0.91mg (9.07%), Vitamin K: 8.9µg (8.48%), Vitamin B12: 0.5µg (8.41%), Vitamin D: 1.22µg (8.14%), Copper: 0.14mg (7.11%), Zinc: 1.03mg (6.85%), Vitamin E: 0.96mg (6.4%), Magnesium: 25.02mg (6.25%), Potassium: 211.71mg (6.05%), Vitamin B6: 0.11mg (5.32%), Vitamin C: 3.59mg (4.35%)