

Blueberry Oat Waffles

 Vegetarian

READY IN



25 min.

SERVINGS



2

CALORIES



685 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup blueberries fresh
- 1 tablespoon brown sugar
- 0.3 cup canola oil
- 1 eggs
- 0.7 cup flour all-purpose
- 0.5 teaspoon juice of lemon
- 0.7 cup milk

- 0.3 cup pecans
- 0.5 cup oats
- 0.5 teaspoon salt

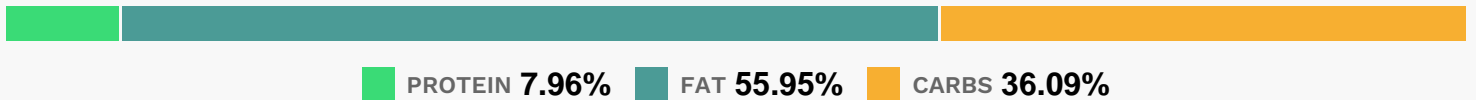
Equipment

- bowl
- oven
- waffle iron

Directions

- In a bowl, combine the flour, oats, brown sugar, baking powder and salt.
- Combine the milk, egg, oil and lemon juice; stir into dry ingredients and mix well. Fold in pecans and blueberries.
- Let stand for 5 minutes.
- Bake in a preheated waffle iron according to manufacturer's directions until golden brown.

Nutrition Facts



Properties

Glycemic Index:160, Glycemic Load:34.54, Inflammation Score:-7, Nutrition Score:22.849130360977%

Flavonoids

Cyanidin: 4.46mg, Cyanidin: 4.46mg, Cyanidin: 4.46mg, Cyanidin: 4.46mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 14.01mg, Delphinidin: 14.01mg, Delphinidin: 14.01mg, Delphinidin: 14.01mg 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: 2.85mg, Catechin: 2.85mg, Catechin: 2.85mg, Catechin: 2.85mg Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 685.39kcal (34.27%), Fat: 43.53g (66.97%), Saturated Fat: 5.33g (33.3%), Carbohydrates: 63.18g (21.06%), Net Carbohydrates: 58.07g (21.12%), Sugar: 14.42g (16.02%), Cholesterol: 91.6mg (30.53%), Sodium: 859.02mg (37.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.94g (27.88%), Manganese: 1.85mg (92.61%), Selenium: 29.9µg (42.72%), Vitamin B1: 0.59mg (39.1%), Vitamin E: 5.72mg (38.16%), Phosphorus: 346.42mg (34.64%), Vitamin B2: 0.47mg (27.9%), Vitamin K: 28.62µg (27.26%), Calcium: 261.95mg (26.2%), Folate: 98.33µg (24.58%), Magnesium: 94.66mg (23.67%), Iron: 3.94mg (21.91%), Fiber: 5.1g (20.46%), Copper: 0.32mg (16.25%), Vitamin B3: 3.04mg (15.18%), Zinc: 2.18mg (14.54%), Vitamin B5: 1.13mg (11.29%), Vitamin B12: 0.63µg (10.58%), Potassium: 358.53mg (10.24%), Vitamin D: 1.33µg (8.9%), Vitamin B6: 0.17mg (8.69%), Vitamin A: 277.55IU (5.55%), Vitamin C: 4.21mg (5.1%)