

Blueberry Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



186 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup blueberries fresh
- ☐ 1 eggs lightly beaten
- ☐ 2 egg whites lightly beaten
- ☐ 1.8 cups flour all-purpose
- ☐ 1 Dash salt
- ☐ 1.8 cups skim milk
- ☐ 3 tablespoons vegetable oil

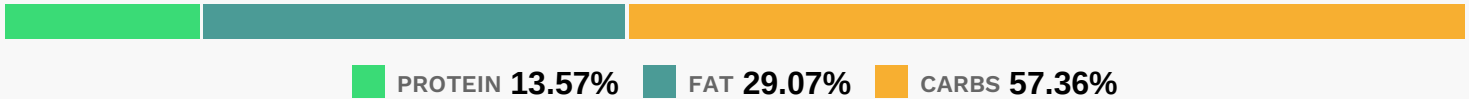
Equipment

- ☐ bowl
- ☐ waffle iron

Directions

- ☐ Combine first 3 ingredients in a medium bowl; stir well.
- ☐ Combine milk, oil, egg whites, and egg in a small bowl; stir well.
- ☐ Add to flour mixture, stirring until well-blended.
- ☐ Coat a waffle iron with cooking spray, and preheat. Spoon about 1/3 cup of batter per waffle onto hot waffle iron, spreading batter to edges. Spoon 2 tablespoons blueberries per waffle evenly over batter. Cook 6 to 7 minutes or until steaming stops; repeat procedure with remaining batter and blueberries.
- ☐ Serve with syrup.
- ☐ Garnish with additional blueberries, if desired.
- ☐ Note: If you are using frozen blueberries, do not thaw them before adding to batter.

Nutrition Facts



Properties

Glycemic Index:30.03, Glycemic Load:17.24, Inflammation Score:-4, Nutrition Score:8.0717391345812%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 185.94kcal (9.3%), Fat: 6.01g (9.24%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 26.68g (8.89%), Net Carbohydrates: 25.49g (9.27%), Sugar: 4.7g (5.22%), Cholesterol: 22.07mg (7.36%), Sodium: 206.81mg (8.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.62%), Selenium: 13.55µg (19.36%), Vitamin B1: 0.25mg (16.93%), Calcium: 167.7mg (16.77%), Vitamin B2: 0.27mg (15.94%), Folate: 55.11µg (13.78%), Phosphorus: 133.98mg (13.4%), Manganese: 0.25mg (12.64%), Vitamin K: 13.05µg (12.43%), Vitamin B3: 1.77mg (8.83%), Iron: 1.59mg (8.83%), Vitamin B12: 0.37µg (6.11%), Fiber: 1.19g (4.74%), Vitamin D: 0.7µg (4.66%), Potassium: 153.12mg (4.37%), Vitamin B5: 0.43mg (4.33%), Vitamin E: 0.6mg (3.98%), Magnesium: 15.45mg (3.86%), Zinc: 0.54mg (3.57%), Vitamin B6: 0.06mg (3.12%), Vitamin A: 149.02IU (2.98%), Copper: 0.06mg (2.84%), Vitamin C: 1.79mg (2.18%)