

## Blueberry-Whole Grain Waffles

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



223 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.8 cup flour all-purpose
- 0.5 cup flour whole wheat
- 0.5 cup oats
- 3 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 1.5 cups soymilk
- 2 tablespoons vegetable oil
- 0.3 cup eggs fat-free

- 1 cup blueberries frozen organic thawed drained cascadian farm®
- 1 serving fruit fresh

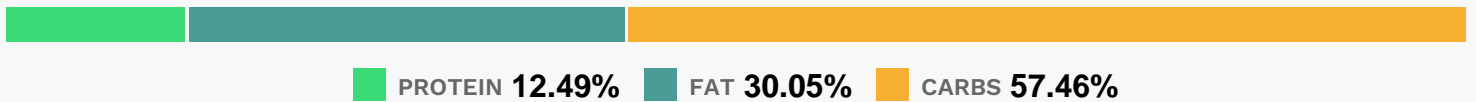
## Equipment

- bowl
- oven
- waffle iron

## Directions

- Lightly spray waffle maker with cooking spray; heat waffle maker. In large bowl, mix all-purpose flour, whole wheat flour, oats, baking powder and salt. In small bowl, mix soymilk, oil and egg product until well blended.
- Add soymilk mixture to flour mixture all at once; stir just until large lumps disappear. Gently stir in blueberries.
- Pour slightly less than 1 cup batter onto center of hot waffle maker, spreading batter to edges. (Check manufacturer's directions for recommended amount of batter.) Close lid of waffle maker.
- Bake 3 to 5 minutes or until waffle is golden brown and steaming stops. Carefully remove waffle.
- Serve immediately. Repeat with remaining batter.
- Serve with syrup or fruit.

## Nutrition Facts



## Properties

Glycemic Index:50.9, Glycemic Load:13.51, Inflammation Score:-5, Nutrition Score:13.475217446037%

## Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg

Peonidin: 5mg, Peonidin: 5mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 223.42kcal (11.17%), Fat: 7.64g (11.75%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 32.86g (10.95%), Net Carbohydrates: 29.58g (10.76%), Sugar: 6.39g (7.1%), Cholesterol: 37.67mg (12.56%), Sodium: 354.72mg (15.42%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 7.14g (14.29%), Manganese: 0.9mg (44.77%), Selenium: 18.27µg (26.1%), Calcium: 217.24mg (21.72%), Vitamin B3: 3.6mg (18.02%), Vitamin B1: 0.26mg (17.43%), Vitamin B2: 0.28mg (16.49%), Phosphorus: 152.72mg (15.27%), Folate: 60.67µg (15.17%), Vitamin E: 2.23mg (14.88%), Vitamin K: 14.49µg (13.8%), Fiber: 3.28g (13.1%), Iron: 2.22mg (12.32%), Vitamin B12: 0.73µg (12.12%), Vitamin B6: 0.22mg (11.25%), Magnesium: 39.61mg (9.9%), Copper: 0.2mg (9.88%), Vitamin C: 7.08mg (8.58%), Vitamin A: 360.41IU (7.21%), Zinc: 0.92mg (6.1%), Vitamin D: 0.91µg (6.07%), Potassium: 211.36mg (6.04%), Vitamin B5: 0.37mg (3.71%)