



Bonus Waffle : French-Toasted Waffles

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



1

CALORIES



311 kcal

Ingredients

- 0.3 teaspoon cinnamon
- 2 teaspoons buttery spread light
- 0.5 cup egg substitute fat-free
- 2 waffles frozen low-fat
- 14 cup frangelico sugar-free
- 1 teaspoon powdered sugar
- 1 serving raspberries
- 0.5 teaspoon vanilla extract

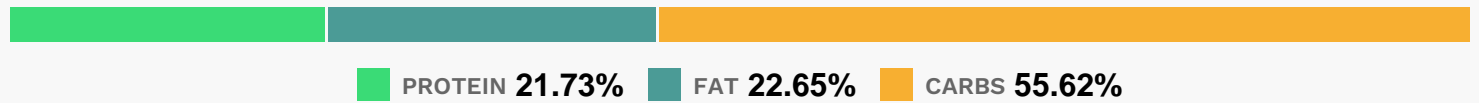
Equipment

- bowl
- frying pan
- stove

Directions

- Lightly toast the waffles.
- Mix egg substitute, vanilla extract, and cinnamon in a bowl, and set aside.
- Bring a large skillet sprayed with nonstick spray to medium-high heat on the stove.
- Add butter and allow it to coat the bottom of the skillet. Meanwhile, coat the waffles thoroughly in the egg mixture.
- Cook the waffles in the skillet until golden brown, 4 to 5 minutes per side. Top them with syrup and powdered sugar.
- Serve with raspberries, if you like, and enjoy!

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.85, Inflammation Score:-7, Nutrition Score:25.389130239901%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 311.05kcal (15.55%), Fat: 7.94g (12.22%), Saturated Fat: 2.06g (12.85%), Carbohydrates: 43.9g (14.63%), Net Carbohydrates: 38.82g (14.12%), Sugar: 10.42g (11.58%), Cholesterol: 16.1mg (5.37%), Sodium: 595.97mg

(25.91%), Alcohol: 0.69g (100%), Alcohol %: 0.02% (100%), Protein: 17.15g (34.31%), Selenium: 49.71µg (71.01%), Vitamin B2: 0.83mg (48.91%), Iron: 7.32mg (40.64%), Vitamin A: 2014.11IU (40.28%), Calcium: 372.87mg (37.29%), Vitamin E: 4.65mg (30.98%), Vitamin B1: 0.46mg (30.97%), Phosphorus: 304.58mg (30.46%), Vitamin B6: 0.59mg (29.65%), Vitamin B12: 1.6µg (26.63%), Manganese: 0.5mg (25.06%), Folate: 96.23µg (24.06%), Vitamin B3: 4.53mg (22.66%), Vitamin B5: 2.19mg (21.92%), Fiber: 5.08g (20.3%), Vitamin C: 16.34mg (19.8%), Vitamin D: 1.99µg (13.27%), Zinc: 1.79mg (11.93%), Potassium: 417.43mg (11.93%), Vitamin K: 11.63µg (11.07%), Magnesium: 43.78mg (10.95%), Copper: 0.08mg (4.18%)