



Breakfast: Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



483 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 c butter (butter)
- 3 large eggs well beaten
- 1.8 cups flour all-purpose
- 0.5 teaspoon salt
- 2 tablespoons sugar
- 4 servings sugar
- 1 teaspoon vanilla extract

1.5 cups milk whole

Equipment

bowl

whisk

waffle iron

Directions

Preheat the waffle iron. In a large bowl add the flour, baking powder, sugar and salt.

Mix well together. In another bowl add the well beaten eggs, melted butter, vanilla extract and milk.

Add the liquid ingredients to the dry ingredients and gently whisk together well. Spoon cup in the center of the hot waffle iron, or amount recommended by manufacturer.

Spread the batter away from the edge of the iron. Close the lid and cook until the waffle is nice and golden brown.

Serve with sprinkled powder sugar.

Nutrition Facts



PROTEIN 11.2% **FAT 34.72%** **CARBS 54.08%**

Properties

Glycemic Index: 98.8, Glycemic Load: 45.14, Inflammation Score: -6, Nutrition Score: 15.653913043478%

Taste

Sweetness: 100%, Saltiness: 71.63%, Sourness: 20.19%, Bitterness: 12.37%, Savoriness: 46.57%, Fattiness: 90.17%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 483.08kcal (24.15%), Fat: 18.59g (28.61%), Saturated Fat: 10.25g (64.08%), Carbohydrates: 65.17g (21.72%), Net Carbohydrates: 63.69g (23.16%), Sugar: 22.79g (25.32%), Cholesterol: 180.98mg (60.33%), Sodium: 789.29mg (34.32%), Alcohol: 0.34g (1.91%), Protein: 13.5g (26.99%), Selenium: 32.05µg (45.78%), Vitamin B2: 0.58mg (33.94%), Vitamin B1: 0.5mg (33.09%), Calcium: 321.9mg (32.19%), Folate: 118.13µg (29.53%), Phosphorus: 294.92mg (29.49%), Iron: 3.54mg (19.67%), Manganese: 0.39mg (19.56%), Vitamin B3: 3.36mg (16.82%), Vitamin

B12: 0.85µg (14.2%), Vitamin A: 705.28IU (14.1%), Vitamin B5: 1.17mg (11.72%), Vitamin D: 1.76µg (11.71%), Zinc: 1.26mg (8.39%), Potassium: 253.42mg (7.24%), Vitamin B6: 0.14mg (7.22%), Magnesium: 28.73mg (7.18%), Fiber: 1.48g (5.93%), Copper: 0.11mg (5.46%), Vitamin E: 0.8mg (5.34%), Vitamin K: 1.54µg (1.47%)