

Brown Sugar Bacon Waffles

READY IN



40 min.

SERVINGS



6

CALORIES



568 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 slices bacon
- 1 tablespoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup brown sugar
- 2.5 cups buttermilk
- 4 eggs
- 3 cups flour
- 1 teaspoon salt
- 0.5 teaspoon vanilla extract

0.7 cup vegetable oil

Equipment

bowl

baking sheet

ladle

oven

whisk

cutting board

waffle iron

Directions

Preheat an oven to 375 degrees F (190 degrees C). Prepare a baking sheet with cooking spray. Arrange the bacon on the prepared baking sheet, and sprinkle with 2 tablespoons brown sugar.

Bake in the preheated oven until the bacon is crispy and the brown sugar is caramelized, 10 to 15 minutes. Immediately remove the bacon to a cutting board; cut into small pieces and set aside.

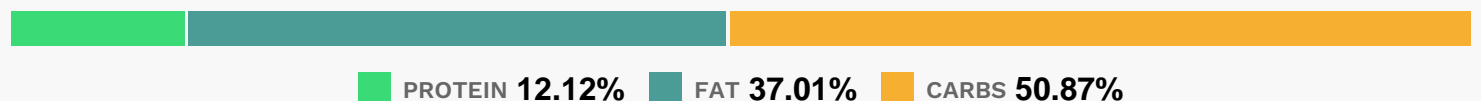
Preheat a waffle iron; grease with cooking spray.

Whisk the flour, 1/2 cup brown sugar, baking powder, baking soda, and salt together in a large bowl. Beat the eggs, buttermilk, vegetable oil, and vanilla together in a separate bowl; fold the wet mixture into the flour mixture.

Add the bacon and stir, being careful to not over mix.

Ladle the batter into the preheated waffle iron and cook until golden brown; serve hot.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:36.52, Inflammation Score:-6, Nutrition Score:17.919130594834%

Nutrients (% of daily need)

Calories: 568.28kcal (28.41%), Fat: 23.2g (35.69%), Saturated Fat: 7.55g (47.21%), Carbohydrates: 71.74g (23.91%), Net Carbohydrates: 70.05g (25.47%), Sugar: 22.98g (25.54%), Cholesterol: 139.48mg (46.49%), Sodium: 1129.23mg (49.1%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 17.09g (34.17%), Selenium: 40.02µg (57.16%), Vitamin B1: 0.63mg (42.02%), Vitamin B2: 0.64mg (37.58%), Folate: 133.35µg (33.34%), Phosphorus: 297.39mg (29.74%), Calcium: 275.28mg (27.53%), Vitamin B3: 5mg (25.02%), Manganese: 0.46mg (22.77%), Iron: 3.92mg (21.77%), Vitamin B12: 0.87µg (14.46%), Vitamin D: 2µg (13.36%), Vitamin B5: 1.29mg (12.91%), Zinc: 1.55mg (10.33%), Vitamin B6: 0.2mg (9.95%), Potassium: 325.79mg (9.31%), Vitamin K: 9.48µg (9.03%), Magnesium: 33.03mg (8.26%), Copper: 0.16mg (7.89%), Fiber: 1.69g (6.77%), Vitamin A: 334.25IU (6.69%), Vitamin E: 0.94mg (6.25%)