



Buckwheat Belgian Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



619 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 tsp active yeast dry
- ☐ 0.5 teaspoon baking soda
- ☐ 3 bananas sliced
- ☐ 0.5 cup buckwheat flour
- ☐ 0.5 cup butter cooled melted
- ☐ 1 teaspoon cinnamon
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose

- ☐ 1.3 cups warm maple syrup
- ☐ 2 cups warm milk (110°)
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sugar divided
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ waffle iron

Directions

- ☐ Sprinkle yeast and 1 tbsp. sugar into a medium bowl; pour 1/2 cup warm (110°) water over them. Stir and let stand until foamy, about 8 minutes.
- ☐ Add milk, butter, and flours, then whisk until smooth. Cover bowl with plastic wrap and let rise overnight on the counter (for slightly sour waffles) or chill (for sweet waffles).
- ☐ In the morning, preheat oven to 200 and set 6 plates on a rack. Preheat a Belgian or regular waffle iron.
- ☐ Add eggs, baking soda, salt, and vanilla to batter, then whisk until smooth. Coat hot waffle grids with cooking-oil spray. Ladle 3/4 to 1 cup batter (or amount that waffle iron maker directs) onto hot iron and cook until nicely browned and crisp, 4 to 5 minutes.
- ☐ Transfer waffle directly to oven rack. Repeat with remaining batter. (If oven gets too full, remove plates.)
- ☐ Meanwhile, in a small bowl, combine remaining 2 tbsp. sugar and the cinnamon.
- ☐ Break waffles into sections and divide among the warm plates.
- ☐ Serve with bananas, maple syrup, cinnamon sugar, and yogurt if you like.

Nutrition Facts



 **PROTEIN 6.75%**  **FAT 29.33%**  **CARBS 63.92%**

Properties

Glycemic Index:54.89, Glycemic Load:45.92, Inflammation Score:-7, Nutrition Score:21.356956782548%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 619.21kcal (30.96%), Fat: 20.46g (31.48%), Saturated Fat: 11.95g (74.71%), Carbohydrates: 100.35g (33.45%), Net Carbohydrates: 96.45g (35.07%), Sugar: 57.8g (64.23%), Cholesterol: 112.43mg (37.48%), Sodium: 373.47mg (16.24%), Alcohol: 0.23g (100%), Alcohol %: 0.1% (100%), Protein: 10.6g (21.2%), Manganese: 2.19mg (109.53%), Vitamin B2: 1.32mg (77.47%), Vitamin B1: 0.55mg (36.36%), Folate: 113.14µg (28.29%), Selenium: 18.75µg (26.79%), Phosphorus: 208.63mg (20.86%), Calcium: 202.69mg (20.27%), Vitamin B6: 0.39mg (19.36%), Magnesium: 75.11mg (18.78%), Vitamin B3: 3.54mg (17.7%), Potassium: 617.78mg (17.65%), Fiber: 3.9g (15.61%), Vitamin A: 733.23IU (14.66%), Iron: 2.44mg (13.55%), Zinc: 1.76mg (11.77%), Vitamin B5: 1.13mg (11.34%), Vitamin B12: 0.62µg (10.34%), Vitamin D: 1.23µg (8.19%), Copper: 0.16mg (8.15%), Vitamin C: 5.15mg (6.24%), Vitamin E: 0.77mg (5.15%), Vitamin K: 2.82µg (2.68%)