



## Buckwheat-Orange Waffles

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



173 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 1 eggs
- ☐ 0.5 cup skim milk fat-free (skim)
- ☐ 0.5 cup yogurt plain fat free yoplait®
- ☐ 2 teaspoons orange zest grated
- ☐ 1 cup orange juice ( 2 medium oranges)
- ☐ 1 cup buckwheat flour
- ☐ 0.8 cup flour all-purpose
- ☐ 2 teaspoons double-acting baking powder

- ☐ 1 teaspoon baking soda
- ☐ 0.3 teaspoon ground cloves

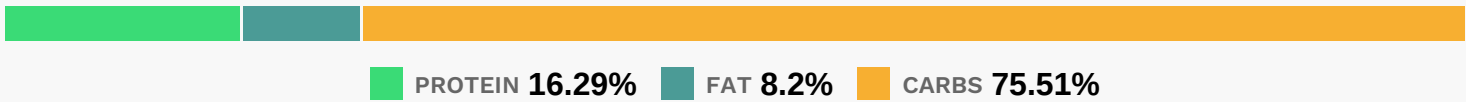
## Equipment

- ☐ food processor
- ☐ oven
- ☐ blender
- ☐ waffle iron

## Directions

- ☐ Spray nonstick waffle iron with cooking spray; heat waffle iron.
- ☐ Place all ingredients in blender or food processor. Cover and blend until smooth.
- ☐ For each waffle, pour 1/2 cup batter onto center of hot waffle iron; close lid.
- ☐ Bake 4 to 5 minutes or until steaming stops. Carefully remove waffle.

## Nutrition Facts



## Properties

Glycemic Index:42.04, Glycemic Load:11.49, Inflammation Score:-5, Nutrition Score:11.0000000041464%

## Flavonoids

Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3–gallate: 0.16mg, Epicatechin 3–gallate: 0.16mg, Epicatechin 3–gallate: 0.16mg, Epicatechin 3–gallate: 0.16mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

## Nutrients (% of daily need)

Calories: 172.92kcal (8.65%), Fat: 1.62g (2.49%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 33.55g (11.18%), Net Carbohydrates: 30.94g (11.25%), Sugar: 6.66g (7.4%), Cholesterol: 28.3mg (9.43%), Sodium: 361.42mg (15.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.47%), Manganese: 0.57mg (28.61%), Vitamin C: 21.76mg (26.37%), Phosphorus: 189.16mg (18.92%), Vitamin B1: 0.27mg (17.89%), Calcium: 166.72mg (16.67%),

Magnesium: 66.12mg (16.53%), Folate: 58.32µg (14.58%), Selenium: 9.89µg (14.13%), Vitamin B2: 0.24mg (13.91%), Vitamin B3: 2.38mg (11.9%), Iron: 1.93mg (10.71%), Fiber: 2.61g (10.42%), Potassium: 313.59mg (8.96%), Vitamin B6: 0.18mg (8.82%), Copper: 0.15mg (7.67%), Zinc: 1.14mg (7.62%), Vitamin B5: 0.55mg (5.55%), Vitamin B12: 0.31µg (5.14%), Vitamin A: 168.28IU (3.37%), Vitamin D: 0.37µg (2.47%), Vitamin K: 1.67µg (1.59%), Vitamin E: 0.18mg (1.17%)