

Buckwheat Waffles

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



539 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 cups buckwheat flour
- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1 pinch salt
- 1 pinch cinnamon
- 2 egg whites separated for extra lightness
- 2 Tbsp sugar
- 1 cup milk low fat (or regular)

- 0.3 cup water
- 1 cup yogurt plain
- 0.5 cup butter melted (1 stick)
- 4 servings butter for serving
- 4 servings maple syrup for serving
- 4 servings poached berries for serving

Equipment

- bowl
- whisk
- hand mixer
- waffle iron

Directions

- Turn on waffle maker, whisk dry ingredients: Turn on your waffle maker, with the setting on medium. In a large bowl, whisk together the buckwheat flour, baking powder, baking soda, salt, and cinnamon.
- Place the egg whites in a medium bowl and beat with a hand mixer or egg beater.
- Sprinkle in the sugar as you beat the egg whites. Beat egg whites until you have soft peaks.
- In a medium bowl, whisk together the egg yolks, the melted butter, yogurt, milk, and water.
- Pour the yogurt/milk/butter/egg mixture into the buckwheat flour mixture and stir until just combined. It's okay if it's a little lumpy.
- Fold in egg whites: Stir a third of the beaten egg whites into the batter until completely incorporated. Gently fold the remaining beaten egg whites into the batter until just combined, and there are no streaks of egg whites. Be gentle so that you do not deflate the egg whites too much.
- Make the waffles: When your waffle maker is ready, working in batches, pour or spoon the batter into the wells, until they almost come to the edge. You will know if you've over-filled it because the batter will spill out of the waffle maker. No harm done, but it's a little messy.
- I like to grease the inside of my waffle maker with a little butter, to help make it easy to remove the waffles.

- Cook until the waffle maker indicator indicates that the waffles are ready, or wait until steam stops rising out of the waffle maker. Gently pull the waffles out with a fork.
- As you make the batches, the batter may thicken while it sits. If you want, thin it out a bit with some water.
- Getting the right balance of doneness is key here. Lightly browned means the waffles will be fluffy, but not crisp. Dark brown means the waffles may be crispy, but a little dry inside. It depends on your preference and your waffle maker. You may need to experiment with a few test waffles to see what works best for you.
- Serve with pads of butter, warmed maple syrup, and fresh berries.

Nutrition Facts

■ **PROTEIN 8.4%**
■ **FAT 50.07%**
■ **CARBS 41.53%**

Properties

Glycemic Index:80.65, Glycemic Load:10.17, Inflammation Score:-8, Nutrition Score:17.263912881198%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 539.37kcal (26.97%), Fat: 31.07g (47.79%), Saturated Fat: 19.08g (119.24%), Carbohydrates: 57.98g (19.33%), Net Carbohydrates: 53.42g (19.43%), Sugar: 25.13g (27.93%), Cholesterol: 82.67mg (27.56%), Sodium: 793.54mg (34.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.45%), Manganese: 1.39mg (69.5%), Vitamin B2: 0.59mg (34.58%), Magnesium: 134.67mg (33.67%), Phosphorus: 324.83mg (32.48%), Calcium: 316.37mg (31.64%), Vitamin A: 1010.93IU (20.22%), Fiber: 4.56g (18.23%), Vitamin B1: 0.25mg (16.99%), Vitamin B6: 0.32mg (15.97%), Potassium: 527.14mg (15.06%), Vitamin B3: 2.93mg (14.66%), Zinc: 2.2mg (14.65%), Copper: 0.24mg (12.24%), Selenium: 8.53µg (12.19%), Iron: 2.13mg (11.82%), Vitamin B12: 0.66µg (10.95%), Folate: 31.44µg (7.86%), Vitamin B5: 0.72mg (7.16%), Vitamin E: 0.97mg (6.49%), Vitamin K: 5.85µg (5.57%), Vitamin D: 0.71µg (4.74%)