



Buckwheat Waffles



Vegetarian

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READY IN

ready

55 min.

SERVINGS

servings

36

CALORIES

calories

771 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.7 ounces double-acting baking powder
- ☐ 1 tablespoon baking soda
- ☐ 45 ounces buckwheat flour
- ☐ 36 ounces butter melted
- ☐ 5 quarts buttermilk
- ☐ 24 eggs separated
- ☐ 88 ounces flour all-purpose
- ☐ 2 tablespoons salt

☐ 24 ounces sugar

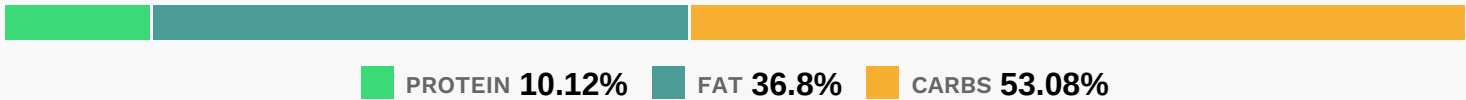
Equipment

- ☐ bowl
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ spatula
- ☐ waffle iron

Directions

- ☐ Mix the flours, sugar, baking powder, salt and baking soda together. Put in a mixing bowl and turn on speed one, using the paddle attachment. Quickly add the buttermilk. Scrape down the sides and bottom of the bowl and the paddle with a rubber spatula. Slowly pour the melted butter into the bowl while the mixer is running. Slowly pour the egg yolks into the bowl while the mixer is running.
- ☐ Transfer this batter to another bowl. Whip the egg whites to medium peaks in a new bowl with the whisk attachment of your mixer. Fold in one-third of the whites with a rubber spatula. Now fold in the remaining whites.
- ☐ To cook the waffles, turn a waffle iron on to medium heat. Spray the waffle iron with cooking spray. Scoop batter onto the iron, enough to fill. Close and cook for 2 1/2 minutes.
- ☐ Let cool on a wire rack. Repeat.

Nutrition Facts



Properties

Glycemic Index:8.84, Glycemic Load:53.79, Inflammation Score:-8, Nutrition Score:25.320869736049%

Flavonoids

Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Epicatechin 3–gallate: 0.28mg, Epicatechin 3–gallate: 0.28mg, Epicatechin 3–gallate: 0.28mg, Epicatechin 3–gallate: 0.28mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 771.14kcal (38.56%), Fat: 31.97g (49.18%), Saturated Fat: 18.33g (114.59%), Carbohydrates: 103.73g (34.58%), Net Carbohydrates: 98.32g (35.75%), Sugar: 26.51g (29.46%), Cholesterol: 184.53mg (61.51%), Sodium: 988.11mg (42.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.79g (39.57%), Manganese: 1.21mg (60.37%), Selenium: 39.78µg (56.83%), Vitamin B1: 0.77mg (51.11%), Vitamin B2: 0.78mg (46.06%), Folate: 167.16µg (41.79%), Phosphorus: 400.2mg (40.02%), Vitamin B3: 6.42mg (32.11%), Magnesium: 121.79mg (30.45%), Iron: 5.37mg (29.85%), Calcium: 278.4mg (27.84%), Fiber: 5.42g (21.67%), Vitamin A: 1083.73IU (21.67%), Copper: 0.34mg (16.9%), Vitamin B6: 0.33mg (16.74%), Zinc: 2.5mg (16.65%), Vitamin D: 2.3µg (15.3%), Vitamin B12: 0.91µg (15.23%), Vitamin B5: 1.44mg (14.4%), Potassium: 504.07mg (14.4%), Vitamin E: 1.21mg (8.08%), Vitamin K: 5.16µg (4.91%)