



WHATSheATE



## Buttermilk Pumpkin Waffles with Apples and Apple Cider Syrup

READY IN



45 min.

SERVINGS



16

CALORIES



320 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 1.5 cups unfiltered apple cider
- ☐ 16 servings apples and syrup
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 9 tablespoons butter divided
- ☐ 2 cups buttermilk
- ☐ 0.8 cup pumpkin canned
- ☐ 1 teaspoon cinnamon divided

- ☐ 1.5 tablespoons cornstarch
- ☐ 2 large eggs separated
- ☐ 2 cups flour
- ☐ 16 servings waffles
- ☐ 6 granny smith thick cored peeled sliced
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon ground nutmeg
- ☐ 2 tablespoons honey
- ☐ 7 teaspoons juice of lemon fresh divided
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 5 tablespoons sugar
- ☐ 0.3 cup vegetable oil

## Equipment

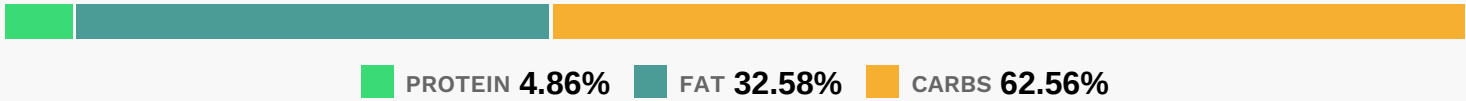
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ stand mixer
- ☐ spatula
- ☐ waffle iron

## Directions

- ☐ Prepare apples and syrup: Melt 6 tbsp. butter in a 12-in. nonstick frying pan over medium heat.

- ☐ Add honey, 2 tsp. lemon juice, 1/4 tsp. cinnamon, and apples. Cook, stirring occasionally, until apples are lightly glazed and have softened slightly, about 10 minutes.
- ☐ Meanwhile, in a medium saucepan, whisk together 3/4 tsp. cinnamon, the sugar, and cornstarch.
- ☐ Add apple cider and 5 tsp. lemon juice and whisk to combine. Bring to a boil over medium heat and cook, stirring often, 2 minutes.
- ☐ Remove from heat and whisk in 3 tbsp. butter.
- ☐ Make waffles: In a medium bowl, whisk together flour, baking powder, baking soda, salt, sugar, ginger, nutmeg, and cinnamon. In another medium bowl, whisk egg yolks until pale yellow; whisk in oil, buttermilk, and pumpkin.
- ☐ In bowl of a stand mixer fitted with the balloon whisk, beat egg whites until soft peaks form.
- ☐ Add egg yolk mixture to flour mixture, stirring to combine. Gently fold in egg whites just until blended.
- ☐ Preheat oven to 20
- ☐ Preheat a waffle iron and coat it with cooking-oil spray. Ladle 1 cup batter (or amount directed by waffle-iron maker) onto hot iron, spreading with a spatula, and cook until nicely browned, about 5 minutes.
- ☐ Transfer waffle directly to oven rack. Repeat with remaining batter. Meanwhile, reheat apples and syrup.
- ☐ Break waffles into sections, divide among 8 plates, and top with apples and syrup.
- ☐ Serve remaining syrup on the side.

## Nutrition Facts



## Properties

Glycemic Index:39.08, Glycemic Load:25.36, Inflammation Score:-9, Nutrition Score:9.43608702784%

## Flavonoids

Cyanidin: 2.06mg, Cyanidin: 2.06mg, Cyanidin: 2.06mg, Cyanidin: 2.06mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.98mg, Catechin: 1.98mg, Catechin: 1.98mg, Catechin: 1.98mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 10.89mg, Epicatechin: 10.89mg, Epicatechin: 10.89mg, Epicatechin: 10.89mg Epicatechin 3-gallate:

0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg  
Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg,  
Epigallocatechin 3–gallate: 0.25mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg  
Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.03mg,  
Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg,  
Luteolin: 0.16mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin:  
5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg

Nutrients (% of daily need)

Calories: 319.78kcal (15.99%), Fat: 12.02g (18.5%), Saturated Fat: 5.48g (34.24%), Carbohydrates: 51.94g (17.31%),  
Net Carbohydrates: 47.79g (17.38%), Sugar: 33.02g (36.69%), Cholesterol: 43.74mg (14.58%), Sodium: 286.73mg  
(12.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Vitamin A: 2154.43IU (43.09%), Fiber:  
4.15g (16.58%), Manganese: 0.28mg (14.06%), Vitamin B2: 0.21mg (12.55%), Selenium: 8.68µg (12.4%), Vitamin B1:  
0.17mg (11.66%), Vitamin K: 11.76µg (11.2%), Calcium: 104.58mg (10.46%), Folate: 40.08µg (10.02%), Phosphorus:  
97.17mg (9.72%), Vitamin C: 7.57mg (9.18%), Iron: 1.41mg (7.83%), Potassium: 261.73mg (7.48%), Vitamin E: 0.93mg  
(6.17%), Vitamin B3: 1.22mg (6.09%), Vitamin B6: 0.1mg (5.08%), Magnesium: 18.86mg (4.71%), Copper: 0.09mg  
(4.51%), Vitamin B5: 0.43mg (4.3%), Vitamin B12: 0.22µg (3.75%), Vitamin D: 0.52µg (3.44%), Zinc: 0.41mg (2.75%)