

## Buttermilk Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



291 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 3 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.8 cup powdered buttermilk dried
- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 6 tablespoons butter unsalted melted

- ☐ 16 servings vegetable oil
- ☐ 3 cups water

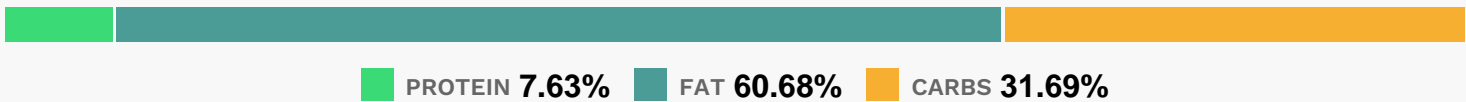
## Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ ziploc bags
- ☐ waffle iron

## Directions

- ☐ Sift together flour, dried powdered buttermilk, sugar, baking powder, baking soda, and salt.
- ☐ Refrigerate this "from-scratch mix" in plastic storage bags until you're hungry for waffles. (It will keep for 1 month.)
- ☐ On a waffle morning, whisk eggs in a large bowl until blended, then whisk in water and melted butter.
- ☐ Whisk dry ingredients into liquid mixture just until smooth.
- ☐ Brush a preheated waffle iron lightly with vegetable oil and spoon batter—about 2 cups for 4 waffles—in iron, spreading quickly.
- ☐ Cook waffles according to manufacturer's instructions, transferring as cooked to rack of a preheated 250°F oven to keep warm. (If you don't intend to use the entire mix at once, divide dry-ingredient mixture into thirds and transfer to 3 sealable plastic bags to refrigerate. You will need 1 egg, 1 cup water, and 2 tablespoons melted unsalted butter for each bag.)

## Nutrition Facts



## Properties

Glycemic Index:14.82, Glycemic Load:14.7, Inflammation Score:-3, Nutrition Score:7.5143478175868%

## Nutrients (% of daily need)

Calories: 290.95kcal (14.55%), Fat: 19.71g (30.33%), Saturated Fat: 5.36g (33.53%), Carbohydrates: 23.16g (7.72%), Net Carbohydrates: 22.53g (8.19%), Sugar: 5.1g (5.67%), Cholesterol: 50.04mg (16.68%), Sodium: 336.79mg (14.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.15%), Vitamin K: 26.23µg (24.99%), Selenium: 12.03µg (17.19%), Vitamin B2: 0.25mg (14.69%), Vitamin B1: 0.21mg (14%), Folate: 50.1µg (12.52%), Calcium: 122.12mg (12.21%), Phosphorus: 114.05mg (11.4%), Vitamin E: 1.39mg (9.23%), Manganese: 0.16mg (8.22%), Iron: 1.36mg (7.54%), Vitamin B3: 1.44mg (7.21%), Vitamin B12: 0.31µg (5.12%), Vitamin B5: 0.43mg (4.3%), Vitamin A: 191.67IU (3.83%), Potassium: 129.04mg (3.69%), Zinc: 0.52mg (3.47%), Magnesium: 13.22mg (3.31%), Copper: 0.05mg (2.75%), Fiber: 0.63g (2.54%), Vitamin B6: 0.05mg (2.27%), Vitamin D: 0.29µg (1.96%)