



Buttermilk Waffles with Cherry-Almond Sauce

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



906 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups flour
- ☐ 0.5 teaspoon almond extract
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 cups buttermilk
- ☐ 12 ounce cherries dark sweet frozen thaw pitted (do not)
- ☐ 1 cup smucker's cherry preserves
- ☐ 4 servings accompaniment: lightly whipped cream plain sweetened
- ☐ 0.5 teaspoon salt (scant)

- ☐ 3 tablespoons sugar
- ☐ 9 tablespoons butter unsalted divided melted

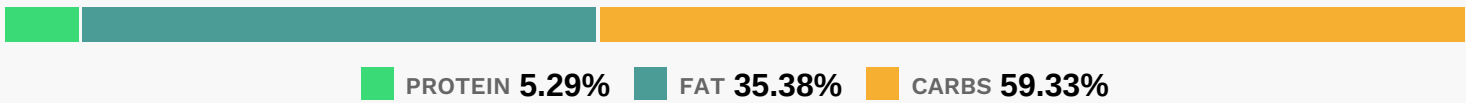
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ waffle iron

Directions

- ☐ Combine frozen cherries and preserves in medium saucepan. Bring to boil over medium-high heat, stirring until cherries begin to thaw and juices form. Boil gently until sauce thickens slightly, about 3 minutes.
- ☐ Remove sauce from heat; stir in almond extract.
- ☐ Preheat oven to 300°F.
- ☐ Whisk flour, sugar, baking powder, and salt in medium bowl to blend.
- ☐ Whisk in buttermilk, then 6 tablespoons melted butter.
- ☐ Heat waffle iron according to manufacturer's instructions.
- ☐ Brush waffle iron grids lightly on both sides with some of remaining melted butter.
- ☐ Pour 1/2 cup (or more) waffle batter (depending on size of waffle iron grid) over each grid. Close waffle iron and cook until waffles are crisp and golden on both sides.
- ☐ Transfer waffles to rack set over baking sheet and keep warm in oven. Repeat cooking with remaining batter, brushing waffle iron with melted butter between batches as needed.
- ☐ Place waffles on plates. Top with whipped cream and cherry sauce.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:86.27, Glycemic Load:77.28, Inflammation Score:-8, Nutrition Score:18.379130301268%

Flavonoids

Cyanidin: 25.69mg, Cyanidin: 25.69mg, Cyanidin: 25.69mg, Cyanidin: 25.69mg Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg Peonidin: 1.28mg, Peonidin: 1.28mg, Peonidin: 1.28mg, Peonidin: 1.28mg Catechin: 3.71mg, Catechin: 3.71mg, Catechin: 3.71mg, Catechin: 3.71mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg, Epicatechin: 4.25mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 906.27kcal (45.31%), Fat: 35.94g (55.3%), Saturated Fat: 22.05g (137.8%), Carbohydrates: 135.63g (45.21%), Net Carbohydrates: 131.22g (47.72%), Sugar: 68.28g (75.87%), Cholesterol: 101.47mg (33.83%), Sodium: 613.44mg (26.67%), Alcohol: 0.17g (100%), Alcohol %: 0.05% (100%), Protein: 12.09g (24.18%), Selenium: 27.7µg (39.57%), Vitamin B1: 0.59mg (39.01%), Vitamin B2: 0.62mg (36.51%), Folate: 134.07µg (33.52%), Calcium: 281.96mg (28.2%), Manganese: 0.53mg (26.41%), Vitamin A: 1257.12IU (25.14%), Phosphorus: 243.97mg (24.4%), Iron: 3.84mg (21.32%), Vitamin B3: 3.97mg (19.87%), Fiber: 4.41g (17.65%), Vitamin C: 13.52mg (16.39%), Potassium: 491.97mg (14.06%), Vitamin D: 2.03µg (13.55%), Copper: 0.26mg (13.12%), Vitamin B12: 0.61µg (10.09%), Magnesium: 39.61mg (9.9%), Vitamin B5: 0.95mg (9.51%), Zinc: 1.03mg (6.9%), Vitamin E: 1.01mg (6.76%), Vitamin B6: 0.13mg (6.52%), Vitamin K: 4.54µg (4.32%)