



Buttermilk Waffles with Homemade Strawberry Sauce

 Vegetarian

READY IN



20 min.

SERVINGS



2

CALORIES



879 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 3 tablespoons brown sugar
- 2 tablespoons butter plus 1 tablespoon melted
- 1 cup buttermilk
- 1 tablespoon cornstarch
- 1 pinch cream of tartar

- 3 large eggs separated
- 0.5 teaspoon ground cinnamon
- 1 lemon zest juiced
- 2 servings powdered sugar for topping
- 0.5 teaspoon salt
- 1 quart strawberries hulled sliced
- 0.3 cup sugar
- 1 cup unbleached flour all-purpose
- 0.5 teaspoon vanilla extract
- 0.3 cup water

Equipment

- bowl
- ladle
- whisk
- pot
- hand mixer
- waffle iron

Directions

- Beat the egg whites and cream of tartar with a hand mixer until stiff peaks appear.
- In a bowl, whisk together the egg yolks, buttermilk, vanilla and 2 tablespoons melted butter.
- Into a large bowl stir together the flour, brown sugar, salt, baking soda, baking powder and cinnamon.
- Combine with the wet ingredients and mix until incorporated. Fold the whites into the batter, gently.
- Grease the waffle iron with a small amount of melted butter and heat the waffle iron according to the manufacturer's instructions.
- Ladle batter onto the waffle iron and cook until golden brown, about 3 1/2 to 5 minutes. Repeat with the remaining batter.

In a small pot over medium heat, combine the strawberries, sugar, water, lemon zest, lemon juice and cornstarch. Bring to a simmer and whisk gently until mixture thickens slightly.

Serve waffles with powdered sugar and strawberry sauce.

Nutrition Facts

PROTEIN 10.31% **FAT 24.64%** **CARBS 65.05%**

Properties

Glycemic Index:181.55, Glycemic Load:64.66, Inflammation Score:-9, Nutrition Score:37.733913255774%

Flavonoids

Cyanidin: 7.95mg, Cyanidin: 7.95mg, Cyanidin: 7.95mg, Cyanidin: 7.95mg Petunidin: 0.52mg, Petunidin: 0.52mg, Petunidin: 0.52mg, Petunidin: 0.52mg Delphinidin: 1.47mg, Delphinidin: 1.47mg, Delphinidin: 1.47mg, Delphinidin: 1.47mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 117.58mg, Pelargonidin: 117.58mg, Pelargonidin: 117.58mg, Pelargonidin: 117.58mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 14.72mg, Catechin: 14.72mg, Catechin: 14.72mg, Catechin: 14.72mg Epigallocatechin: 3.69mg, Epigallocatechin: 3.69mg, Epigallocatechin: 3.69mg, Epigallocatechin: 3.69mg Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg Epicatechin 3-gallate: 0.71mg, Epicatechin 3-gallate: 0.71mg, Epicatechin 3-gallate: 0.71mg, Epicatechin 3-gallate: 0.71mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 879.04kcal (43.95%), Fat: 24.59g (37.83%), Saturated Fat: 11.99g (74.97%), Carbohydrates: 146.09g (48.7%), Net Carbohydrates: 134.31g (48.84%), Sugar: 79.95g (88.83%), Cholesterol: 322.3mg (107.43%), Sodium: 1517.94mg (66%), Alcohol: 0.34g (100%), Alcohol %: 0.05% (100%), Protein: 23.15g (46.29%), Vitamin C: 282.12mg (341.96%), Manganese: 2.39mg (119.28%), Selenium: 51.26µg (73.22%), Folate: 270.21µg (67.55%), Vitamin B2: 0.98mg (57.45%), Fiber: 11.77g (47.09%), Vitamin B1: 0.69mg (46.22%), Phosphorus: 447.88mg (44.79%), Iron: 6.5mg (36.11%), Potassium: 1175.57mg (33.59%), Calcium: 323.6mg (32.36%), Vitamin B3: 5.73mg (28.65%), Vitamin B5: 2.52mg (25.22%), Magnesium: 99.61mg (24.9%), Vitamin B6: 0.43mg (21.73%), Copper: 0.43mg (21.26%), Vitamin B12: 1.24µg (20.72%), Vitamin D: 3.06µg (20.4%), Vitamin A: 1012.62IU (20.25%), Vitamin E: 2.63mg (17.5%), Zinc: 2.57mg (17.14%), Vitamin K: 12.32µg (11.73%)