



WHATSheATE



Cake Mix Waffles



Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



230 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 eggs
- ☐ 0.3 cup vegetable oil
- ☐ 1.3 cups water
- ☐ 1 box duncan hines classic decadent cake mix (any flavor)

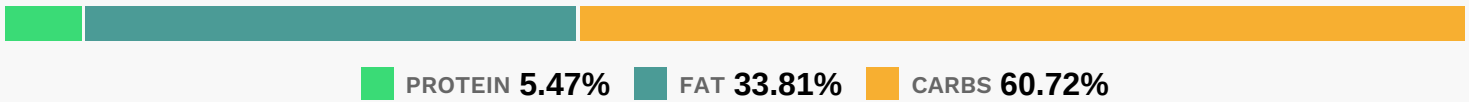
Equipment

- ☐ oven
- ☐ waffle iron

Directions

- ☐ Heat waffle maker. (Waffle makers without nonstick coating may need to be brushed with vegetable oil or sprayed with cooking spray.)
- ☐ Make cake batter as directed on box, using water, oil and eggs.
- ☐ For each waffle, pour batter onto center of hot waffle maker. (Check manufacturer's directions for recommended amount of batter.) Close lid of waffle maker.
- ☐ Bake 3 to 5 minutes or until steaming stops. Carefully remove waffle.
- ☐ Serve waffles warm or cold with toppings of your choice.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:4.8986956917721%

Nutrients (% of daily need)

Calories: 229.53kcal (11.48%), Fat: 8.69g (13.37%), Saturated Fat: 2.11g (13.18%), Carbohydrates: 35.12g (11.71%), Net Carbohydrates: 34.65g (12.6%), Sugar: 18.17g (20.19%), Cholesterol: 40.92mg (13.64%), Sodium: 315.5mg (13.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Phosphorus: 166.97mg (16.7%), Vitamin K: 12.33µg (11.75%), Calcium: 101.3mg (10.13%), Selenium: 7.08µg (10.12%), Folate: 35.33µg (8.83%), Vitamin B2: 0.14mg (8.46%), Vitamin E: 0.99mg (6.57%), Vitamin B1: 0.1mg (6.53%), Iron: 1.03mg (5.74%), Vitamin B3: 1.04mg (5.18%), Manganese: 0.09mg (4.57%), Vitamin B5: 0.3mg (2.95%), Copper: 0.05mg (2.35%), Zinc: 0.34mg (2.28%), Fiber: 0.47g (1.9%), Vitamin B12: 0.1µg (1.63%), Magnesium: 6.32mg (1.58%), Vitamin B6: 0.03mg (1.54%), Vitamin D: 0.22µg (1.47%), Potassium: 41.89mg (1.2%), Vitamin A: 59.4IU (1.19%)