



Caramel Apple-Topped Waffles

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



175 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons butter
- 3.5 cups apples peeled sliced
- 0.3 cup mrs richardson's butterscotch caramel sauce
- 1.3 cups milk
- 2 tablespoons vegetable oil
- 1 eggs
- 2 cups frangelico

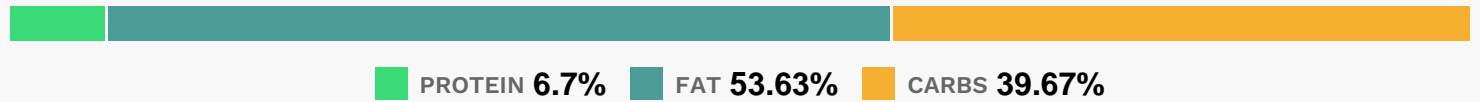
Equipment

- frying pan
- oven
- waffle iron

Directions

- To make Caramel Apple Topping, melt butter in 10-inch skillet over medium heat. Stir in apples. Cook about 3 minutes, stirring frequently, until tender.
- Pour caramel topping over apples.
- Heat, stirring frequently, until warm. Keep warm.
- Heat waffle iron; grease if necessary.
- Stir remaining ingredients until blended.
- Pour batter by slightly less than 1 cupfuls onto center of hot waffle iron.
- Bake about 5 minutes or until steaming stops. Carefully remove waffle.
- Serve with Caramel Apple Topping.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:3.62, Inflammation Score:-3, Nutrition Score:4.3469565381175%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.49mg, Epicatechin: 5.49mg, Epicatechin: 5.49mg, Epicatechin: 5.49mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 174.9kcal (8.75%), Fat: 10.85g (16.69%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 16.31g (5.93%), Sugar: 15.59g (17.32%), Cholesterol: 33.79mg (11.26%), Sodium: 107.86mg (4.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Vitamin K: 10.13µg (9.64%), Phosphorus: 82.05mg (8.21%), Calcium: 81.19mg (8.12%), Vitamin B2: 0.13mg (7.59%), Fiber: 1.75g (7%), Vitamin A: 342.22IU (6.84%), Vitamin B12: 0.38µg (6.33%), Potassium: 177.65mg (5.08%), Vitamin E: 0.76mg (5.04%), Vitamin D: 0.74µg (4.95%), Selenium: 3.4µg (4.86%), Vitamin C: 3.41mg (4.13%), Vitamin B6: 0.08mg (3.79%), Vitamin B5: 0.38mg (3.78%), Vitamin B1: 0.05mg (3.08%), Magnesium: 11.64mg (2.91%), Zinc: 0.35mg (2.31%), Manganese: 0.03mg (1.72%), Folate: 5.87µg (1.47%), Copper: 0.03mg (1.28%), Iron: 0.22mg (1.2%)