



Cardamom Sour-Cream Waffles

READY IN



30 min.

SERVINGS



4

CALORIES



540 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 4 servings garnish: confectioners sugar
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cardamom
- ☐ 1 tablespoon mild honey
- ☐ 4 servings accompaniment: lingonberry preserves
- ☐ 0.3 teaspoon rounded salt

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 3 tablespoons butter unsalted melted
- ☐ 1 teaspoon vanilla extract pure
- ☐ 1 cup milk whole

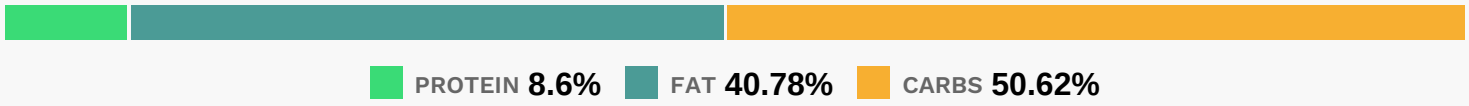
Equipment

- ☐ bowl
- ☐ whisk
- ☐ waffle iron

Directions

- ☐ Preheat a waffle iron until hot.
- ☐ Whisk together flour, baking powder, baking soda, salt, and cardamom.
- ☐ Whisk together remaining ingredients in another bowl, then whisk into flour mixture until just combined.
- ☐ Lightly brush waffle iron with oil and cook waffles according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:79.32, Glycemic Load:37.06, Inflammation Score:-6, Nutrition Score:14.431304366692%

Nutrients (% of daily need)

Calories: 540.02kcal (27%), Fat: 24.51g (37.71%), Saturated Fat: 13.2g (82.48%), Carbohydrates: 68.44g (22.81%), Net Carbohydrates: 66.8g (24.29%), Sugar: 27.08g (30.09%), Cholesterol: 156.82mg (52.27%), Sodium: 595.09mg (25.87%), Alcohol: 0.34g (100%), Alcohol %: 0.18% (100%), Protein: 11.63g (23.26%), Selenium: 27.45µg (39.22%), Vitamin B2: 0.55mg (32.4%), Vitamin B1: 0.43mg (28.56%), Folate: 103.6µg (25.9%), Calcium: 251.31mg (25.13%), Phosphorus: 245.78mg (24.58%), Manganese: 0.49mg (24.56%), Vitamin A: 854.44IU (17.09%), Iron: 3.02mg (16.76%), Vitamin B3: 2.93mg (14.66%), Vitamin B12: 0.69µg (11.51%), Vitamin B5: 1.03mg (10.29%), Vitamin D: 1.33µg (8.86%), Potassium: 276.25mg (7.89%), Zinc: 1.16mg (7.75%), Magnesium: 29.17mg (7.29%), Fiber: 1.64g (6.56%), Vitamin B6: 0.13mg (6.54%), Copper: 0.12mg (6.17%), Vitamin E: 0.81mg (5.38%), Vitamin C: 2.41mg (2.92%), Vitamin K: 2µg (1.9%)