



## Cinnamon-Apple Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



107 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.8 cup apples peeled finely chopped
- 2 teaspoons double-acting baking powder
- 2 tablespoons brown sugar
- 0.1 teaspoon cream of tartar
- 2 egg whites
- 1 cup flour all-purpose
- 1.5 teaspoons ground cinnamon
- 1.7 cups buttermilk low-fat

- 0.3 teaspoon salt
- 2 tablespoons sugar
- 0.5 teaspoon vanilla extract
- 1 tablespoon vegetable oil
- 0.7 cup flour whole wheat

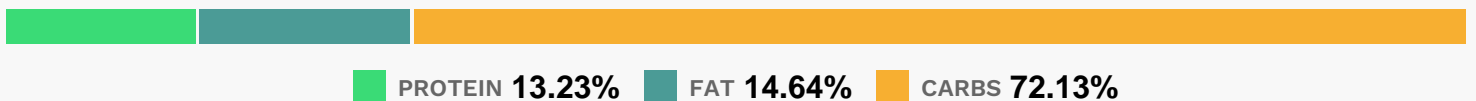
## Equipment

- bowl
- oven
- whisk
- hand mixer
- waffle iron

## Directions

- Combine first 7 ingredients in a large bowl; make a well in center of mixture.
- Combine buttermilk and oil; stir with a wire whisk.
- Add to dry ingredients, stirring just until dry ingredients are moistened. Stir in vanilla and apple.
- Beat egg whites and cream of tartar at high speed of an electric mixer until stiff peaks form; gently fold beaten egg white mixture into batter.
- Coat an 8-inch square waffle iron with cooking spray; allow waffle iron to preheat. For each waffle, spoon 1 1/4 cups batter onto hot waffle iron, spreading batter to edges.
- Bake 4 to 5 minutes or until steaming stops. Repeat procedure with remaining batter.
- Cut each waffle into 4 squares.

## Nutrition Facts



## Properties

Glycemic Index:22.84, Glycemic Load:7.6, Inflammation Score:-2, Nutrition Score:4.8060870183551%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 107.43kcal (5.37%), Fat: 1.79g (2.75%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 19.84g (6.61%), Net Carbohydrates: 18.52g (6.74%), Sugar: 6.46g (7.18%), Cholesterol: 1.33mg (0.44%), Sodium: 177.8mg (7.73%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 3.64g (7.28%), Manganese: 0.39mg (19.59%), Selenium: 9.36µg (13.38%), Calcium: 86.72mg (8.67%), Vitamin B1: 0.13mg (8.54%), Vitamin B2: 0.14mg (8.14%), Phosphorus: 81.18mg (8.12%), Folate: 24.13µg (6.03%), Fiber: 1.32g (5.26%), Vitamin B3: 0.98mg (4.92%), Iron: 0.86mg (4.8%), Magnesium: 16.56mg (4.14%), Potassium: 111.51mg (3.19%), Zinc: 0.4mg (2.65%), Copper: 0.05mg (2.57%), Vitamin K: 2.53µg (2.41%), Vitamin B6: 0.05mg (2.39%), Vitamin B5: 0.2mg (1.95%), Vitamin B12: 0.08µg (1.3%), Vitamin E: 0.18mg (1.22%)