



Cinnamon Belgian Waffles

 Vegetarian  Popular

READY IN



25 min.

SERVINGS



3

CALORIES



399 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup butter melted
- 1 cup buttermilk
- 2 egg whites
- 2 egg yolks
- 1 cup flour all-purpose
- 1 pinch ground cinnamon

- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 tablespoon sugar white

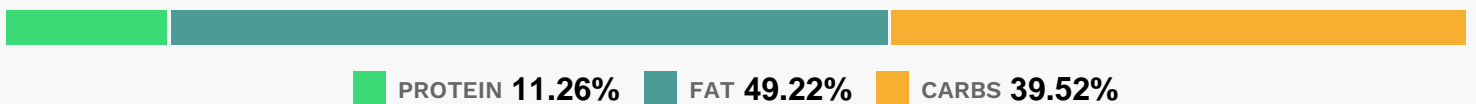
Equipment

- bowl
- whisk
- hand mixer
- waffle iron

Directions

- Preheat your waffle iron.
- In a medium bowl, whisk together the eggs, vanilla, buttermilk and butter until well blended.
- Combine the flour, baking powder, baking soda, sugar, salt and cinnamon; stir into the buttermilk mixture. In a separate bowl, whip the egg whites with an electric mixer until stiff. Fold into the batter.
- Spoon batter onto the hot waffle iron, close, and cook until golden brown. Waffles are usually done when the steam subsides.

Nutrition Facts



Properties

Glycemic Index:107.7, Glycemic Load:26.12, Inflammation Score:-6, Nutrition Score:12.730000019073%

Nutrients (% of daily need)

Calories: 398.7kcal (19.94%), Fat: 21.62g (33.26%), Saturated Fat: 12.45g (77.84%), Carbohydrates: 39.06g (13.02%), Net Carbohydrates: 37.89g (13.78%), Sugar: 6.4g (7.11%), Cholesterol: 179.07mg (59.69%), Sodium: 833.76mg (36.25%), Alcohol: 0.46g (100%), Alcohol %: 0.32% (100%), Protein: 11.12g (22.25%), Selenium: 28.01µg (40.02%), Vitamin B2: 0.5mg (29.57%), Vitamin B1: 0.39mg (25.85%), Folate: 99.14µg (24.79%), Calcium: 238.14mg (23.81%), Phosphorus: 211.28mg (21.13%), Manganese: 0.31mg (15.58%), Vitamin A: 777.96IU (15.56%), Iron: 2.53mg (14.08%), Vitamin B3: 2.57mg (12.85%), Vitamin D: 1.69µg (11.25%), Vitamin B12: 0.65µg (10.87%), Vitamin B5: 0.9mg (9.05%),

Zinc: 0.9mg (5.99%), Potassium: 205.54mg (5.87%), Vitamin E: 0.83mg (5.54%), Magnesium: 21.09mg (5.27%),
Copper: 0.1mg (4.78%), Fiber: 1.16g (4.66%), Vitamin B6: 0.09mg (4.56%), Vitamin K: 1.79µg (1.71%)