



Cinnamon-Bun Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



637 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon baking soda
- ☐ 3 teaspoons ground cinnamon
- ☐ 2 eggs separated
- ☐ 0.1 teaspoon cream of tartar
- ☐ 1.8 cups buttermilk
- ☐ 0.3 cup butter melted

- ☐ 2 tablespoons maple syrup
- ☐ 1 tablespoon vanilla
- ☐ 2 tablespoons butter melted
- ☐ 2 tablespoons milk
- ☐ 1 cup powdered sugar

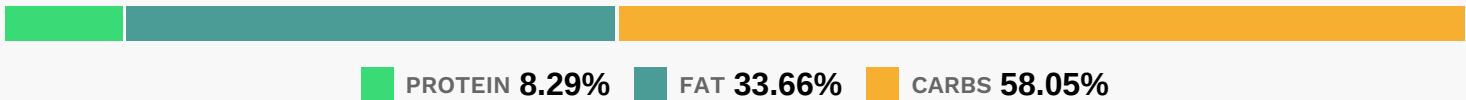
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ waffle iron

Directions

- ☐ Heat waffle maker. In large bowl, stir together flour, salt, baking soda and cinnamon; set aside.
- ☐ In small bowl, beat egg whites and cream of tartar with electric mixer on high speed until stiff peaks form; set aside. In medium bowl, beat egg yolks, buttermilk, 1/4 cup melted butter, the syrup and vanilla; set aside.
- ☐ Make well in center of flour mixture.
- ☐ Add egg yolk mixture; mix just until combined. Fold in beaten egg whites.
- ☐ Spray waffle maker lightly with cooking spray. Spoon batter onto hot waffle maker, following manufacturer's directions for recommended amount. Close lid of waffle maker; bake 3 to 4 minutes or until steaming stops and waffles are golden brown. (To make ahead, place waffles on ovenproof plate in 200°F oven until ready to serve.)
- ☐ In another small bowl, beat 2 tablespoons melted butter, milk and powdered sugar until smooth.
- ☐ Drizzle over waffles.
- ☐ Serve remaining glaze on the side.

Nutrition Facts



Properties

Glycemic Index:71.38, Glycemic Load:38.71, Inflammation Score:-7, Nutrition Score:17.140434527203%

Nutrients (% of daily need)

Calories: 637.48kcal (31.87%), Fat: 23.62g (36.34%), Saturated Fat: 13.82g (86.35%), Carbohydrates: 91.69g (30.56%), Net Carbohydrates: 89.21g (32.44%), Sugar: 41.52g (46.14%), Cholesterol: 139.84mg (46.61%), Sodium: 1001.99mg (43.56%), Alcohol: 1.12g (100%), Alcohol %: 0.53% (100%), Protein: 13.09g (26.17%), Manganese: 0.94mg (46.96%), Selenium: 32.41µg (46.3%), Vitamin B2: 0.74mg (43.76%), Vitamin B1: 0.56mg (37.42%), Folate: 130.69µg (32.67%), Phosphorus: 214.13mg (21.41%), Iron: 3.49mg (19.37%), Vitamin B3: 3.86mg (19.3%), Calcium: 183.71mg (18.37%), Vitamin A: 838.1IU (16.76%), Vitamin B12: 0.76µg (12.59%), Vitamin D: 1.89µg (12.58%), Vitamin B5: 1.07mg (10.68%), Fiber: 2.48g (9.94%), Potassium: 305.28mg (8.72%), Zinc: 1.28mg (8.51%), Magnesium: 31.62mg (7.91%), Copper: 0.14mg (7.12%), Vitamin E: 0.87mg (5.81%), Vitamin B6: 0.11mg (5.56%), Vitamin K: 2.54µg (2.42%)