



Cinnamon-Cornbread Waffles with Apple-Cinnamon Syrup

 **Gluten Free**

READY IN



30 min.

SERVINGS



7

CALORIES



274 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup peach pie filling (from 21-oz can)
- 1 cup maple syrup
- 0.5 cup cornmeal
- 1.3 cups milk
- 2 tablespoons vegetable oil
- 1 teaspoon ground cinnamon
- 1 eggs

1.5 cups frangelico

Equipment

bowl

oven

microwave

waffle iron

Directions

In medium microwavable bowl, mix pie filling and maple syrup. Microwave uncovered on High 1 to 2 minutes or until warm; set aside.

Heat waffle iron. (Waffle irons without a nonstick coating may need to be brushed with vegetable oil or sprayed with cooking spray before batter for each waffle is added.)

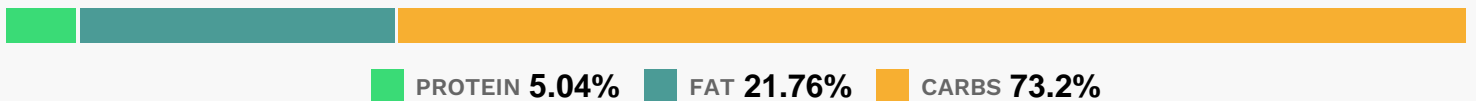
In medium bowl, stir waffle ingredients with spoon until blended.

Pour batter onto hot waffle iron. (Check manufacturer's directions for recommended amount of batter.) Close lid of waffle iron.

Bake 4 to 5 minutes or until steaming stops. Carefully remove waffle. Repeat with remaining batter.

Serve waffles with syrup.

Nutrition Facts



Properties

Glycemic Index:21.14, Glycemic Load:17.08, Inflammation Score:-2, Nutrition Score:8.7182606640069%

Nutrients (% of daily need)

Calories: 273.54kcal (13.68%), Fat: 6.68g (10.27%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 50.54g (16.85%), Net Carbohydrates: 48.98g (17.81%), Sugar: 34.67g (38.52%), Cholesterol: 28.96mg (9.65%), Sodium: 47.09mg (2.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Manganese: 1.19mg (59.67%), Vitamin B2: 0.69mg (40.67%), Calcium: 115.72mg (11.57%), Phosphorus: 87.49mg (8.75%), Magnesium: 28.99mg (7.25%), Vitamin K: 7.59µg (7.22%), Potassium: 234.9mg (6.71%), Vitamin B1: 0.1mg (6.47%), Zinc: 0.96mg (6.43%), Fiber:

1.56g (6.23%), Vitamin B6: 0.11mg (5.6%), Selenium: 3.6µg (5.15%), Vitamin B12: 0.31µg (5.12%), Vitamin D: 0.64µg (4.25%), Vitamin B5: 0.35mg (3.53%), Iron: 0.62mg (3.46%), Vitamin E: 0.47mg (3.13%), Copper: 0.05mg (2.6%), Vitamin A: 118.19IU (2.36%), Vitamin B3: 0.39mg (1.93%), Folate: 6.83µg (1.71%)