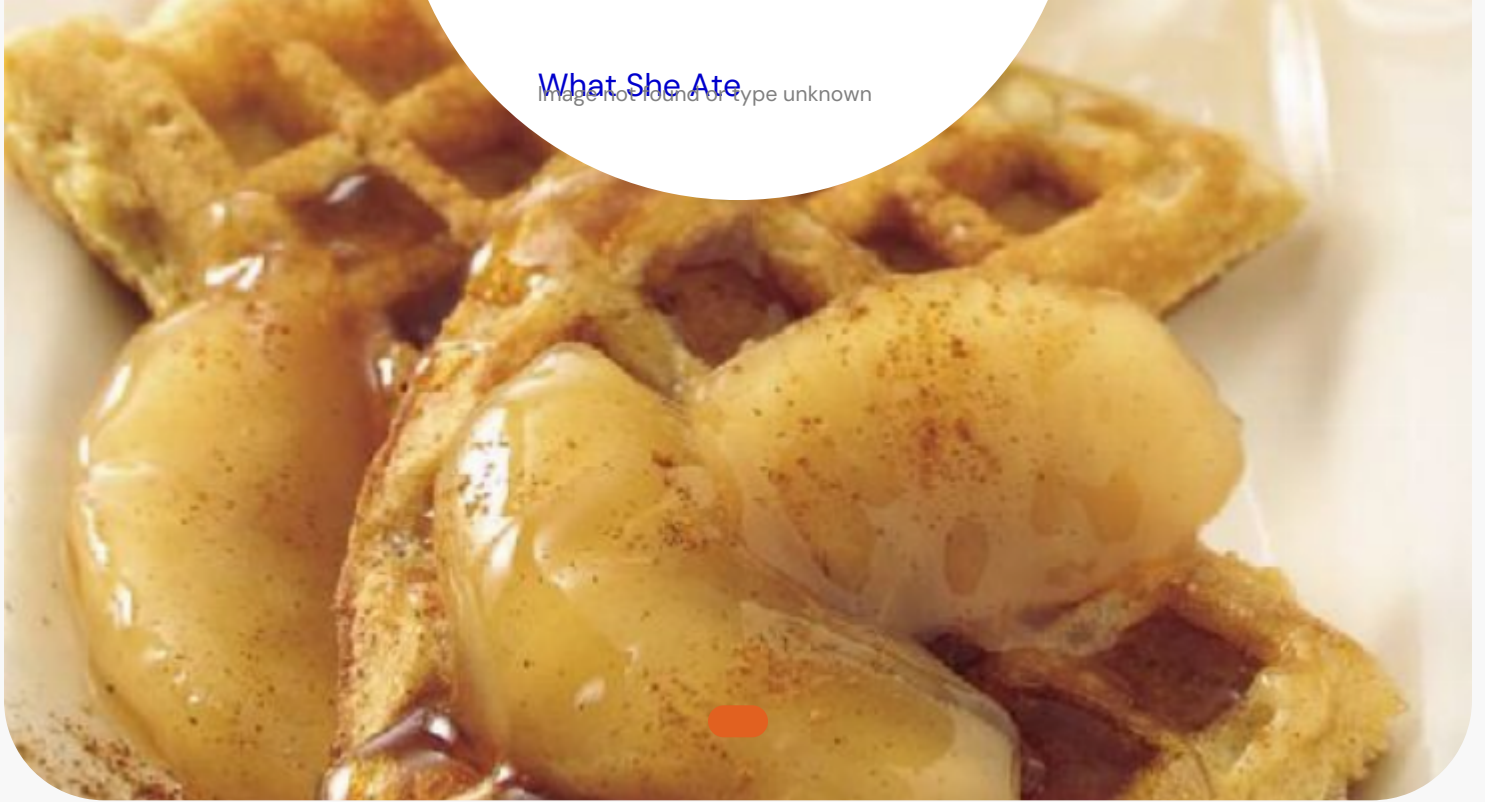


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Cinnamon-Cornbread Waffles with Apple-Cinnamon Syrup

 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)
- 0.5 cup cornmeal
- 1 eggs
- 1 teaspoon ground cinnamon
- 1 cup maple syrup
- 1.3 cups milk
- 2 tablespoons vegetable oil

- 1.5 cups frangelico
- 1.5 cups frangelico

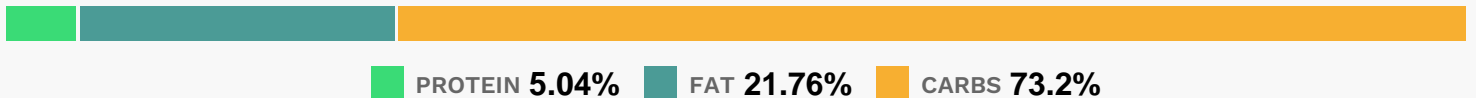
Equipment

- 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 manufacturers 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%)