



Cinnamon Pumpkin Waffles

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



237 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 1 eggs
- ☐ 1 egg white
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.8 cup milk
- ☐ 2 tablespoons olive oil

- ☐ 0.5 cup pecans chopped
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 0.5 cup pumpkin puree
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 0.3 cup wheat germ
- ☐ 0.3 cup sugar white
- ☐ 1 cup flour whole wheat

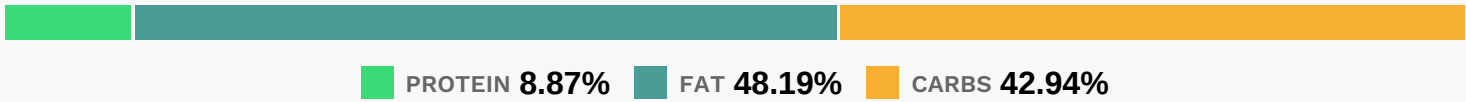
Equipment

- ☐ bowl
- ☐ ladle
- ☐ waffle iron

Directions

- ☐ Preheat a waffle iron according to manufacturer's instructions.
- ☐ Combine flour, wheat germ, sugar, cinnamon, pumpkin pie spice, nutmeg, salt, and baking powder in a bowl. Set aside.
- ☐ Beat together milk, pumpkin puree, butter, oil, applesauce, whole egg, and egg white. Stir flour mixture into the pumpkin mixture along with the pecans.
- ☐ Ladle the batter onto the preheated waffle iron. Cook the waffles until golden and crisp, 5 to 7 minutes.

Nutrition Facts



Properties

Glycemic Index:41.89, Glycemic Load:6.66, Inflammation Score:-9, Nutrition Score:13.303478183954%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 237.21kcal (11.86%), Fat: 13.39g (20.61%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 26.86g (8.95%), Net Carbohydrates: 23.31g (8.48%), Sugar: 11.8g (13.11%), Cholesterol: 30.73mg (10.24%), Sodium: 351.71mg (15.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.09%), Manganese: 1.51mg (75.59%), Vitamin A: 2548.41IU (50.97%), Selenium: 15.48µg (22.11%), Phosphorus: 177.78mg (17.78%), Fiber: 3.54g (14.18%), Vitamin B1: 0.21mg (14.11%), Calcium: 140.97mg (14.1%), Magnesium: 46.38mg (11.59%), Copper: 0.2mg (10.08%), Zinc: 1.35mg (9.03%), Iron: 1.55mg (8.61%), Vitamin B2: 0.14mg (8.28%), Vitamin B6: 0.16mg (8%), Vitamin E: 1.05mg (7.02%), Potassium: 209.83mg (6%), Vitamin B3: 1.18mg (5.91%), Folate: 23.5µg (5.88%), Vitamin K: 5.64µg (5.37%), Vitamin B5: 0.48mg (4.79%), Vitamin B12: 0.18µg (3.03%), Vitamin D: 0.36µg (2.41%), Vitamin C: 0.94mg (1.14%)