



## Cinnamon Roll Waffles

 Vegetarian

READY IN



30 min.

SERVINGS



10

CALORIES



336 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 cup brown sugar packed
- 0.8 cup butter divided melted
- 1 Tbsp calumet baking powder
- 0.8 cup philadelphia cream cheese spread ()
- 2 eggs
- 2 cups flour
- 0.3 cup granulated sugar divided
- 1 Tbsp ground cinnamon

- 1.8 cups milk
- 0.5 tsp salt

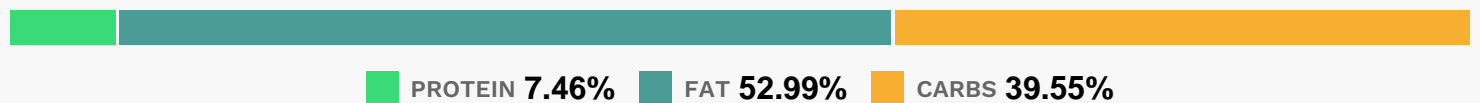
## Equipment

- bowl
- whisk
- waffle iron

## Directions

- Spray electric waffle iron with cooking spray.
- Heat iron to medium heat.
- Whisk eggs in medium bowl.
- Add flour, 1/2 cup butter, milk, 1 Tbsp. granulated sugar, baking powder and salt; beat until blended.
- Add batter to waffle iron, using about 1/3 cup batter for each waffle; cook 3 min. or until desired doneness.
- Mix cream cheese spread and remaining granulated sugar until blended.
- Mix brown sugar, cinnamon and remaining butter in separate bowl.
- Serve waffles topped with cream cheese and brown sugar mixtures.

## Nutrition Facts



## Properties

Glycemic Index:33.01, Glycemic Load:18.37, Inflammation Score:-5, Nutrition Score:7.5113043853122%

## Nutrients (% of daily need)

Calories: 336.21kcal (16.81%), Fat: 19.97g (30.72%), Saturated Fat: 12.23g (76.46%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 32.45g (11.8%), Sugar: 13.03g (14.48%), Cholesterol: 85.02mg (28.34%), Sodium: 462.83mg (20.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.66%), Selenium: 12.28µg (17.54%), Calcium: 168.73mg (16.87%), Manganese: 0.32mg (15.75%), Vitamin B1: 0.22mg (14.98%), Vitamin A: 706.19IU (14.12%), Vitamin B2: 0.23mg (13.51%), Folate: 50.5µg (12.62%), Phosphorus: 118.65mg (11.86%), Iron: 1.56mg (8.65%), Vitamin

B3: 1.55mg (7.76%), Vitamin B12: 0.34µg (5.63%), Fiber: 1.09g (4.37%), Vitamin B5: 0.43mg (4.32%), Vitamin D: 0.65µg (4.3%), Vitamin E: 0.54mg (3.61%), Potassium: 118.07mg (3.37%), Magnesium: 13.31mg (3.33%), Zinc: 0.5mg (3.31%), Vitamin B6: 0.06mg (2.8%), Copper: 0.05mg (2.43%), Vitamin K: 1.66µg (1.59%)