



## Citrus Waffles with Marmalade Compote

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



392 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1.3 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup brown sugar packed
- 1.3 cups buttermilk
- 2 tablespoons canola oil
- 1 large eggs lightly beaten
- 3.8 ounces flour all-purpose
- 1 teaspoon honey

- 1 teaspoon juice of lemon fresh
- 0.3 teaspoon nutmeg
- 1 tablespoon orange juice fresh
- 0.3 cup orange marmalade reduced-sugar (such as Smucker's)
- 1 teaspoon orange zest grated
- 2 cups orange sections fresh ( 2 oranges)
- 6 servings powdered sugar
- 0.3 teaspoon salt
- 0.3 cup water
- 0.3 cup wheat germ toasted
- 3.5 ounces flour whole wheat

## Equipment

- bowl
- sauce pan
- knife
- whisk
- measuring cup
- waffle iron

## Directions

- To prepare compote, place marmalade, orange juice, lemon juice, and honey in a small saucepan over medium-low heat; cook 2 minutes or until the marmalade melts. Reduce heat, and gently stir in the orange sections; keep warm.
- To prepare waffles, lightly spoon flours into dry measuring cups, and level with a knife.
- Combine flours and the next 6 ingredients (through nutmeg) in a large bowl, stirring with a whisk.
- Combine buttermilk, 1/3 cup water, canola oil, orange rind, and egg in a small bowl.
- Add milk mixture to flour mixture, stirring just until moist. Coat a waffle iron with cooking spray; preheat. Spoon about 1/3 cup batter per 4-inch waffle onto hot waffle iron, spreading

batter to edges. Cook for 5 minutes or until steaming stops, and repeat procedure with remaining batter. Sift powdered sugar over tops of waffles.

Serve with orange compote.

## Nutrition Facts

**PROTEIN 8.42%** **FAT 18.59%** **CARBS 72.99%**

### Properties

Glycemic Index:69.13, Glycemic Load:13.86, Inflammation Score:-6, Nutrition Score:16.838260868321%

### Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 16.81mg, Hesperetin: 16.81mg, Hesperetin: 16.81mg, Hesperetin: 16.81mg Naringenin: 9.26mg, Naringenin: 9.26mg, Naringenin: 9.26mg, Naringenin: 9.26mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

### Nutrients (% of daily need)

Calories: 392.2kcal (19.61%), Fat: 8.39g (12.9%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 74.13g (24.71%), Net Carbohydrates: 69.65g (25.33%), Sugar: 43.21g (48.01%), Cholesterol: 36.87mg (12.29%), Sodium: 450.25mg (19.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.55g (17.1%), Manganese: 1.47mg (73.46%), Vitamin C: 34.76mg (42.13%), Selenium: 25.22µg (36.03%), Vitamin B1: 0.4mg (26.47%), Phosphorus: 209.12mg (20.91%), Folate: 80.34µg (20.08%), Fiber: 4.48g (17.91%), Vitamin B2: 0.3mg (17.6%), Calcium: 171.06mg (17.11%), Magnesium: 53.23mg (13.31%), Vitamin B3: 2.46mg (12.3%), Iron: 2.2mg (12.24%), Vitamin B6: 0.22mg (10.97%), Copper: 0.2mg (10.21%), Zinc: 1.52mg (10.1%), Potassium: 351.62mg (10.05%), Vitamin B5: 0.8mg (8.01%), Vitamin E: 1.19mg (7.93%), Vitamin D: 0.86µg (5.73%), Vitamin A: 284.96IU (5.7%), Vitamin B12: 0.32µg (5.33%), Vitamin K: 3.88µg (3.7%)