



Corn and Cheddar Waffles

 Vegetarian

READY IN



17 min.

SERVINGS



4

CALORIES



522 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 cup cheddar cheese grated
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup ears corn fresh (from 1 large ear)
- ☐ 1.5 cups milk
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar

- ☐ 4 tablespoons butter unsalted cooled melted
- ☐ 0.5 cup cornmeal yellow

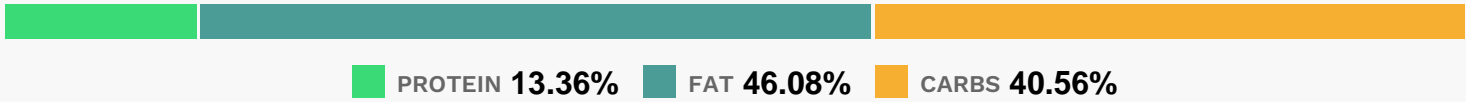
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ spatula
- ☐ measuring cup
- ☐ waffle iron

Directions

- ☐ Preheat oven to 200F and preheat waffle iron. In a large bowl, whisk together flour, cornmeal, baking powder, salt and sugar. In a glass measuring cup, whisk together milk, egg and butter.
- ☐ Pour milk mixture into flour mixture and stir until just combined. Fold in corn and cheese.
- ☐ Mist waffle iron with cooking spray.
- ☐ Pour batter onto grates and spread to edges with a spatula. Cook until waffles are golden, 5 to 7 minutes.
- ☐ Transfer to a plate, loosely cover with foil and keep warm in oven. Repeat with remaining batter, misting grates with cooking spray before each new batch.

Nutrition Facts



Properties

Glycemic Index:92.65, Glycemic Load:30.18, Inflammation Score:-7, Nutrition Score:17.136956442957%

Nutrients (% of daily need)

Calories: 522kcal (26.1%), Fat: 27.05g (41.62%), Saturated Fat: 15.08g (94.26%), Carbohydrates: 53.58g (17.86%), Net Carbohydrates: 50.14g (18.23%), Sugar: 10.21g (11.34%), Cholesterol: 115.83mg (38.61%), Sodium: 695.39mg

(30.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.65g (35.3%), Calcium: 417.59mg (41.76%), Phosphorus: 393.51mg (39.35%), Selenium: 25.74µg (36.77%), Vitamin B2: 0.51mg (29.77%), Vitamin B1: 0.43mg (28.42%), Folate: 91.4µg (22.85%), Manganese: 0.41mg (20.56%), Vitamin A: 916.44IU (18.33%), Zinc: 2.59mg (17.26%), Magnesium: 62.35mg (15.59%), Vitamin B3: 3.1mg (15.52%), Vitamin B12: 0.93µg (15.48%), Iron: 2.67mg (14.83%), Fiber: 3.44g (13.76%), Vitamin B6: 0.26mg (13.09%), Vitamin B5: 1.18mg (11.8%), Vitamin D: 1.64µg (10.91%), Potassium: 375.34mg (10.72%), Copper: 0.13mg (6.74%), Vitamin E: 0.83mg (5.54%), Vitamin C: 2.46mg (2.99%), Vitamin K: 2.21µg (2.11%)