



Corn and Jalapeño Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



101 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 11 ounce whole-kernel corn drained canned
- 1 large eggs
- 1.8 cups flour all-purpose
- 1 teaspoon ground cumin
- 0.3 cup jalapeno minced
- 2 cups buttermilk low-fat

- 0.5 teaspoon salt
- 1 tablespoon vegetable oil

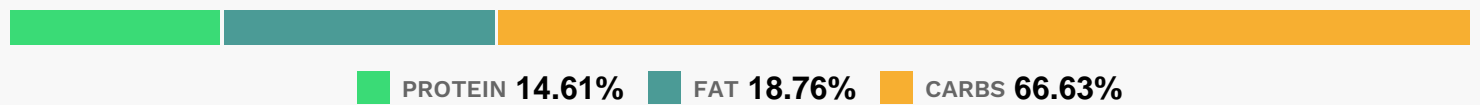
Equipment

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

Directions

- Coat a waffle iron with cooking spray, and preheat.
- Lightly spoon the flour into dry measuring cups, and level with a knife.
- Combine flour and next 4 ingredients (flour through salt) in a large bowl.
- Place buttermilk, oil, and egg in a medium bowl; stir well with a whisk.
- Add buttermilk mixture to flour mixture; stir until smooth. Fold in jalapeo and corn.
- Spoon about 1/2 cup batter onto hot waffle iron, spreading batter to edges. Cook 3 to 5 minutes or until done; repeat procedure with remaining batter.
- Cut each waffle into 4 pieces.

Nutrition Facts



Properties

Glycemic Index:14.57, Glycemic Load:8.79, Inflammation Score:-2, Nutrition Score:4.5252173711424%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 100.51kcal (5.03%), Fat: 2.14g (3.29%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 17.1g (5.7%), Net Carbohydrates: 16.17g (5.88%), Sugar: 2.76g (3.06%), Cholesterol: 14.66mg (4.89%), Sodium: 284.79mg (12.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Selenium: 7.23µg (10.33%), Folate: 40.68µg (10.17%), Vitamin B2: 0.17mg (9.87%), Vitamin B1: 0.15mg (9.7%), Calcium: 79.93mg (7.99%), Phosphorus: 78.36mg (7.84%), Manganese: 0.14mg (7.01%), Vitamin B3: 1.19mg (5.97%), Iron: 1.03mg (5.71%), Fiber: 0.93g (3.71%), Vitamin C: 2.62mg (3.17%), Potassium: 109.49mg (3.13%), Vitamin B5: 0.3mg (3.02%), Magnesium: 11.45mg (2.86%), Zinc: 0.38mg (2.53%), Vitamin K: 2.18µg (2.08%), Vitamin B6: 0.04mg (2.01%), Copper: 0.04mg (1.91%), Vitamin B12: 0.11µg (1.79%), Vitamin E: 0.23mg (1.51%), Vitamin A: 64.56IU (1.29%)