



Corn Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



211 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup buttermilk
- 1 cup kernel corn whole frozen thawed
- 3 large eggs separated
- 10 servings cilantro-lime butter
- 0.5 teaspoon salt
- 1.8 cups self-rising flour
- 0.3 cup sugar
- 0.3 cup vegetable oil

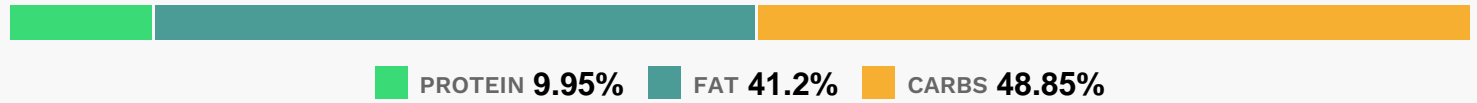
Equipment

- bowl
- hand mixer
- waffle iron

Directions

- Combine first 3 ingredients in a large bowl, and make a well in center of dry ingredients.
- Stir together egg yolks, buttermilk, vegetable oil, and corn; add to dry ingredients, stirring just until dry ingredients are moistened.
- Beat egg whites at high speed with an electric mixer until stiff peaks form; fold into batter.
- Cook in a preheated, oiled waffle iron until golden.
- Serve with Cilantro-Lime Butter, honey, or maple syrup.

Nutrition Facts



Properties

Glycemic Index:20.01, Glycemic Load:15.29, Inflammation Score:-1, Nutrition Score:4.6521738767624%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 210.96kcal (10.55%), Fat: 9.7g (14.93%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 25.89g (8.63%), Net Carbohydrates: 25.17g (9.15%), Sugar: 7.48g (8.31%), Cholesterol: 57.12mg (19.04%), Sodium: 175.27mg (7.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Selenium: 13.8µg (19.72%), Vitamin K: 13.55µg (12.91%), Manganese: 0.19mg (9.37%), Phosphorus: 68.53mg (6.85%), Vitamin B2: 0.11mg (6.31%), Vitamin E: 0.86mg (5.75%), Folate: 19.78µg (4.94%), Vitamin B5: 0.39mg (3.87%), Zinc: 0.48mg (3.17%), Copper: 0.06mg (3.17%), Vitamin B12: 0.19µg (3.15%), Vitamin D: 0.46µg (3.04%), Iron: 0.54mg (3.02%), Fiber: 0.72g (2.88%), Calcium: 28.23mg (2.82%), Vitamin C: 2.29mg (2.78%), Magnesium: 10.54mg (2.64%), Potassium: 83.47mg (2.38%), Vitamin B1: 0.03mg (2.23%), Vitamin A: 104.74IU (2.09%), Vitamin B6: 0.04mg (2.05%), Vitamin B3: 0.37mg (1.86%)