



Corn Waffles With Cajun Vegetables and Shrimp

READY IN



34 min.

SERVINGS



8

CALORIES



180 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8.5 oz corn muffin mix
- 1 large eggs
- 0.8 cup milk
- 2 tablespoons olive oil
- 8 servings cajun vegetables and shrimp

Equipment

- bowl

- frying pan
- wire rack
- waffle iron

Directions

- Stir together corn muffin mix and next 4 ingredients in medium bowl.
- Cook batter in a preheated, lightly greased waffle iron according to manufacturer's directions until golden.
- Remove waffles to a wire rack on a jelly-roll pan, and keep warm.
- Place each waffle on a plate; top with 1/2 cup Cajun Vegetables and Shrimp.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:4.7452173352889%

Nutrients (% of daily need)

Calories: 180.36kcal (9.02%), Fat: 8.51g (13.09%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 20.09g (7.31%), Sugar: 7.25g (8.06%), Cholesterol: 28.21mg (9.4%), Sodium: 264.92mg (11.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Phosphorus: 184.91mg (18.49%), Vitamin B1: 0.14mg (9.6%), Vitamin B2: 0.14mg (8.36%), Fiber: 1.96g (7.83%), Folate: 30.95µg (7.74%), Selenium: 4.04µg (5.77%), Vitamin B3: 1.04mg (5.18%), Calcium: 49.48mg (4.95%), Iron: 0.89mg (4.93%), Manganese: 0.1mg (4.89%), Vitamin E: 0.63mg (4.2%), Vitamin K: 3.7µg (3.52%), Vitamin B12: 0.21µg (3.44%), Vitamin B5: 0.33mg (3.26%), Vitamin B6: 0.06mg (3.16%), Magnesium: 11.07mg (2.77%), Vitamin D: 0.38µg (2.51%), Zinc: 0.36mg (2.4%), Potassium: 79.65mg (2.28%), Vitamin A: 105.45IU (2.11%), Copper: 0.03mg (1.71%)