



Cornbread Waffles

READY IN



45 min.

SERVINGS



12

CALORIES



180 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.3 cup butter melted
- ☐ 1.5 cups cornmeal
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1.5 cups milk
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 1.5 cups shoepeg corn white frozen thawed

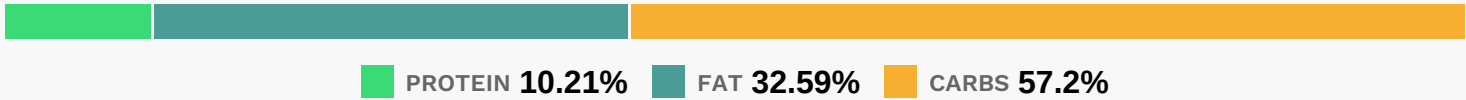
Equipment

- ☐ bowl
- ☐ oven
- ☐ waffle iron

Directions

- ☐ Stir together first 5 ingredients in a large bowl. Stir together egg and next 3 ingredients; add to cornmeal mixture, stirring just until dry ingredients are moistened.
- ☐ Bake in a preheated, oiled waffle iron just until crisp.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:13.67, Inflammation Score:-3, Nutrition Score:5.8204347873512%

Nutrients (% of daily need)

Calories: 180.35kcal (9.02%), Fat: 6.68g (10.27%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 26.36g (8.79%), Net Carbohydrates: 23.83g (8.67%), Sugar: 5.29g (5.88%), Cholesterol: 19.16mg (6.39%), Sodium: 297.28mg (12.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.41%), Phosphorus: 126.45mg (12.65%), Manganese: 0.21mg (10.35%), Fiber: 2.53g (10.12%), Calcium: 92.7mg (9.27%), Vitamin B1: 0.14mg (9.14%), Vitamin B6: 0.17mg (8.51%), Magnesium: 32.91mg (8.23%), Selenium: 4.98µg (7.12%), Vitamin B2: 0.12mg (6.92%), Zinc: 0.94mg (6.24%), Iron: 1.11mg (6.16%), Vitamin B3: 1.16mg (5.78%), Folate: 22.14µg (5.54%), Potassium: 171.8mg (4.91%), Vitamin A: 241.46IU (4.83%), Vitamin B5: 0.47mg (4.67%), Copper: 0.07mg (3.51%), Vitamin B12: 0.21µg (3.44%), Vitamin D: 0.42µg (2.79%), Vitamin E: 0.3mg (2%), Vitamin C: 1.2mg (1.46%)