

## Corned Beef Waffles

READY IN



20 min.

SERVINGS



10

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 teaspoons double-acting baking powder
- 2 teaspoons cooking oil
- 12 ounce corned beef ribs canned
- 2 eggs
- 1.5 cups flour all-purpose
- 1.3 cups milk
- 1 pinch salt

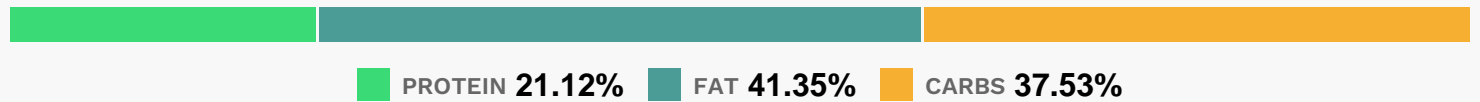
### Equipment

- bowl
- waffle iron

## Directions

- Preheat waffle iron.
- In a medium bowl, mix together the eggs, milk and oil.
- Combine the flour, salt and baking powder; stir into the milk mixture until it makes a smooth batter. Stir in corned beef.
- Spoon batter onto your waffle iron, close the lid, and cook until the waffle iron stops steaming and waffles are golden.
- Serve hot with butter.

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:11.1, Inflammation Score:-2, Nutrition Score:7.7100000251894%

## Nutrients (% of daily need)

Calories: 173.99kcal (8.7%), Fat: 7.87g (12.1%), Saturated Fat: 2.54g (15.87%), Carbohydrates: 16.07g (5.36%), Net Carbohydrates: 15.56g (5.66%), Sugar: 1.55g (1.72%), Cholesterol: 54.77mg (18.26%), Sodium: 527.15mg (22.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.04g (18.08%), Selenium: 16.1µg (23%), Vitamin B12: 0.85µg (14.14%), Vitamin B2: 0.23mg (13.43%), Phosphorus: 125.81mg (12.58%), Vitamin B1: 0.18mg (12.16%), Vitamin B3: 2.39mg (11.95%), Vitamin C: 9.19mg (11.13%), Folate: 40.15µg (10.04%), Calcium: 94.65mg (9.46%), Iron: 1.69mg (9.37%), Zinc: 1.34mg (8.93%), Vitamin B6: 0.14mg (7.02%), Manganese: 0.14mg (6.92%), Vitamin B5: 0.52mg (5.25%), Potassium: 179.15mg (5.12%), Copper: 0.07mg (3.56%), Magnesium: 13.82mg (3.45%), Vitamin D: 0.51µg (3.41%), Fiber: 0.51g (2.03%), Vitamin A: 96.93IU (1.94%), Vitamin E: 0.26mg (1.73%)