



Cornmeal Waffles



Vegetarian

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READY IN

ready

50 min.

SERVINGS

servings

12

CALORIES

calories

139 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 1.5 cups cornmeal
- ☐ 4 egg whites
- ☐ 1.8 cups nonfat buttermilk
- ☐ 2.5 tablespoons sugar white
- ☐ 1 cup flour whole wheat

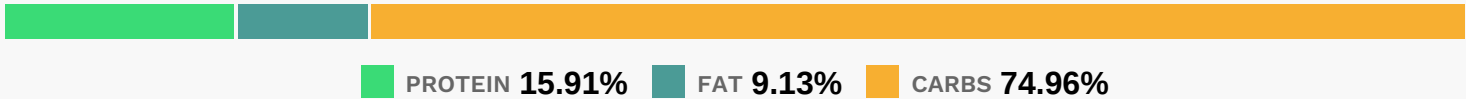
Equipment

- ☐ bowl
- ☐ hand mixer
- ☐ waffle iron

Directions

- ☐ Preheat a waffle iron, and coat with cooking spray.
- ☐ In a medium bowl, stir together the whole wheat flour, cornmeal, sugar, baking powder and baking soda. Make a well in the center, and stir in the buttermilk just until smooth. In a separate bowl, whip egg whites with an electric mixer until thick enough to hold a soft peak. Carefully fold the egg whites into the batter.
- ☐ Spoon batter onto the hot waffle iron in an amount appropriate for your iron. Close, and cook until the iron stops steaming, and the waffles are golden brown.

Nutrition Facts



Properties

Glycemic Index:19.22, Glycemic Load:10.9, Inflammation Score:-2, Nutrition Score:6.0191304406718%

Nutrients (% of daily need)

Calories: 139.32kcal (6.97%), Fat: 1.44g (2.22%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 26.67g (8.89%), Net Carbohydrates: 23.73g (8.63%), Sugar: 4.64g (5.16%), Cholesterol: 0.69mg (0.23%), Sodium: 329.76mg (14.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.33%), Manganese: 0.54mg (26.78%), Selenium: 9.39µg (13.42%), Calcium: 127.32mg (12.73%), Phosphorus: 125.74mg (12.57%), Fiber: 2.94g (11.77%), Magnesium: 36.61mg (9.15%), Vitamin B6: 0.16mg (7.92%), Vitamin B1: 0.11mg (7.35%), Iron: 1.18mg (6.58%), Zinc: 0.88mg (5.86%), Vitamin B3: 1mg (4.99%), Vitamin B2: 0.08mg (4.67%), Copper: 0.09mg (4.59%), Potassium: 117.05mg (3.34%), Folate: 11.56µg (2.89%), Vitamin B5: 0.2mg (1.98%)