



Cornmeal Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



114 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 1 egg white
- ☐ 0.3 cup flour all-purpose
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup skim milk
- ☐ 0.3 teaspoon sugar
- ☐ 1 teaspoon vegetable oil
- ☐ 0.3 cup cornmeal yellow

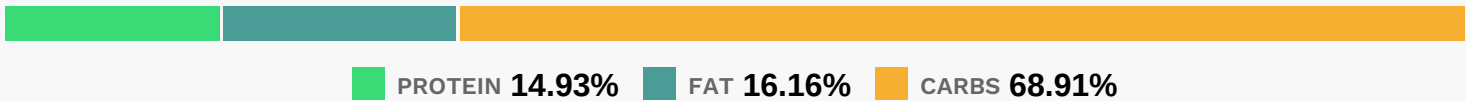
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ waffle iron

Directions

- ☐ Combine first 5 ingredients in a medium bowl; make a well in center of mixture.
- ☐ Combine milk and oil, stirring with a wire whisk.
- ☐ Add to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ Beat egg white at high speed of an electric mixer until stiff peaks form. Gently fold beaten egg white into batter.
- ☐ Coat an 8-inch square waffle iron with cooking spray; allow waffle iron to preheat.
- ☐ Pour batter onto hot waffle iron, spreading batter to edges.
- ☐ Bake 3 to 4 minutes or until steaming stops.
- ☐ Cut waffle into 4 squares.

Nutrition Facts



Properties

Glycemic Index:84.71, Glycemic Load:12.38, Inflammation Score:-2, Nutrition Score:4.6613043494847%

Nutrients (% of daily need)

Calories: 114.41kcal (5.72%), Fat: 2.04g (3.14%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 19.62g (6.54%), Net Carbohydrates: 18.09g (6.58%), Sugar: 2.08g (2.32%), Cholesterol: 0.92mg (0.31%), Sodium: 177.92mg (7.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Vitamin B1: 0.14mg (9.26%), Selenium: 6.44µg (9.2%), Phosphorus: 91.39mg (9.14%), Calcium: 87.43mg (8.74%), Vitamin B2: 0.14mg (8.05%), Manganese: 0.16mg (7.9%), Folate: 24.48µg (6.12%), Fiber: 1.53g (6.11%), Iron: 0.97mg (5.38%), Magnesium: 21.17mg (5.29%), Vitamin B6:

0.1mg (5.04%), Vitamin B3: 0.99mg (4.93%), Zinc: 0.62mg (4.16%), Potassium: 117.35mg (3.35%), Vitamin B12: 0.18µg (3.07%), Vitamin B5: 0.25mg (2.48%), Copper: 0.05mg (2.48%), Vitamin D: 0.34µg (2.25%), Vitamin K: 2.13µg (2.03%), Vitamin A: 62.47IU (1.25%)