



Cornmeal Waffles with Chia Seeds

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



260 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 cups buttermilk
- ☐ 0.3 cup canola oil
- ☐ 1 tablespoon chia seeds
- ☐ 1 cup cornmeal
- ☐ 2 egg whites
- ☐ 2 egg yolks

- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar white

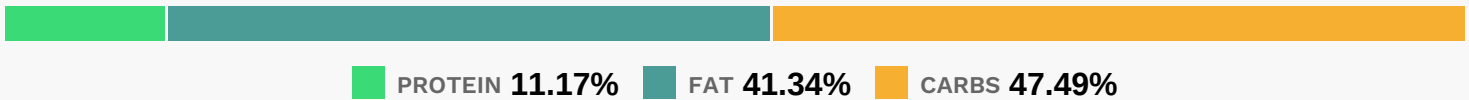
Equipment

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

Directions

- ☐ Preheat waffle iron according to manufacturer's instructions.
- ☐ Beat egg whites in a glass or metal bowl using an electric mixer on high until stiff peaks form. Lift your beater or whisk straight up: the egg whites will form sharp peaks.
- ☐ Whisk flour, cornmeal, chia seeds, baking powder, baking soda, white sugar, and salt together in a bowl.
- ☐ Whisk buttermilk, canola oil, and egg yolks together in a separate bowl; stir into flour mixture until batter is smooth. Gently fold egg whites into batter until just mixed.
- ☐ Pour about 1/4 cup batter into preheated waffle iron; cook according to manufacturer's instructions until golden brown, about 5 minutes. Repeat with remaining batter.

Nutrition Facts



Properties

Glycemic Index:42.07, Glycemic Load:18.78, Inflammation Score:-3, Nutrition Score:9.0226086442075%

Nutrients (% of daily need)

Calories: 260.41kcal (13.02%), Fat: 11.98g (18.42%), Saturated Fat: 2.37g (14.79%), Carbohydrates: 30.96g (10.32%), Net Carbohydrates: 28.16g (10.24%), Sugar: 3.86g (4.29%), Cholesterol: 55.2mg (18.4%), Sodium: 467.11mg (20.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.28g (14.56%), Selenium: 13.56µg (19.38%), Phosphorus: 166.08mg (16.61%), Vitamin B1: 0.23mg (15.2%), Vitamin B2: 0.26mg (15.19%), Calcium: 147.19mg (14.72%),

Manganese: 0.28mg (14.05%), Folate: 45.96µg (11.49%), Fiber: 2.81g (11.23%), Vitamin E: 1.47mg (9.82%), Iron: 1.69mg (9.41%), Magnesium: 37.05mg (9.26%), Vitamin B6: 0.16mg (8.09%), Vitamin B3: 1.61mg (8.04%), Zinc: 1.13mg (7.52%), Vitamin D: 1.02µg (6.82%), Vitamin B12: 0.37µg (6.17%), Vitamin B5: 0.56mg (5.63%), Potassium: 185.19mg (5.29%), Copper: 0.1mg (5.24%), Vitamin K: 5.29µg (5.04%), Vitamin A: 164.7IU (3.29%)