



Crisp Cheddar-Cornmeal Waffles

 Vegetarian

READY IN



22 min.

SERVINGS



12

CALORIES



259 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 1 cup seltzer water
- ☐ 3 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.5 teaspoon salt

- ☐ 6 oz sharp cheddar cheese shredded
- ☐ 0.3 cup vegetable oil
- ☐ 1 cup cornmeal yellow

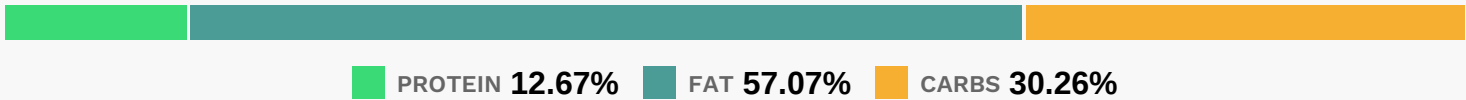
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ toaster
- ☐ waffle iron

Directions

- ☐ Sift together first 5 ingredients in a large bowl. Stir in cheese and pecans.
- ☐ Combine eggs and next 3 ingredients; gently stir into dry ingredients just until blended.
- ☐ Spoon a heaping 1 cup batter evenly onto a preheated, lightly greased waffle iron. Cook 5 to 10 minutes or until crisp and done. Repeat with remaining batter.
- ☐ Transfer waffles to a baking sheet, and keep warm, uncovered, in the oven at 200 until ready to serve. Waffles can be frozen in zip-top freezer bags and reheated in oven or toaster oven.
- ☐ Note: To make Belgian waffles, spoon 2 cups batter into a preheated, greased Belgian waffle iron with 4 square grids. Cook until crisp and done.

Nutrition Facts



Properties

Glycemic Index:25.29, Glycemic Load:12.1, Inflammation Score:-3, Nutrition Score:8.411304258296%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate:

0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg

Nutrients (% of daily need)

Calories: 259.29kcal (12.96%), Fat: 16.58g (25.5%), Saturated Fat: 4.83g (30.16%), Carbohydrates: 19.78g (6.59%), Net Carbohydrates: 17.85g (6.49%), Sugar: 1.47g (1.63%), Cholesterol: 62.87mg (20.96%), Sodium: 395.09mg (17.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.28g (16.56%), Selenium: 13.07µg (18.68%), Calcium: 175.68mg (17.57%), Manganese: 0.35mg (17.39%), Phosphorus: 173.77mg (17.38%), Vitamin B2: 0.22mg (13.13%), Vitamin K: 11.78µg (11.22%), Vitamin B1: 0.17mg (11.15%), Zinc: 1.45mg (9.65%), Folate: 34.33µg (8.58%), Fiber: 1.92g (7.7%), Magnesium: 29.17mg (7.29%), Iron: 1.31mg (7.27%), Vitamin B6: 0.13mg (6.48%), Vitamin B12: 0.35µg (5.89%), Copper: 0.12mg (5.83%), Vitamin E: 0.86mg (5.73%), Vitamin B3: 1.03mg (5.13%), Vitamin A: 244.84IU (4.9%), Vitamin B5: 0.49mg (4.86%), Vitamin D: 0.6µg (3.97%), Potassium: 126.44mg (3.61%)