



Crispy Cornmeal-Bacon Waffles

READY IN



45 min.

SERVINGS



6

CALORIES



516 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 cups flour
- ☐ 8 slices bacon
- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 cups buttermilk
- ☐ 2 large eggs
- ☐ 3 tablespoons maple syrup pure
- ☐ 6 servings maple syrup pure
- ☐ 0.3 cup butter unsalted cooled melted ()

☐ 0.8 cup cornmeal yellow

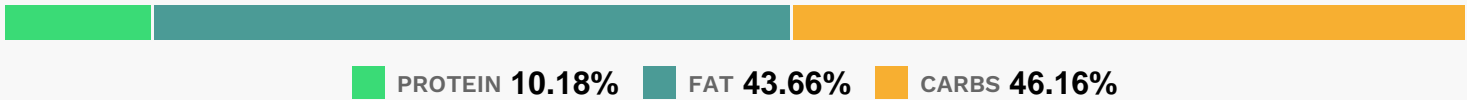
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ waffle iron

Directions

- ☐ Cook bacon in large skillet over medium heat until crisp, about 6 minutes.
- ☐ Transfer to paper towels. Crumble bacon.
- ☐ Whisk flour and next 3 ingredients in large bowl to blend.
- ☐ Whisk buttermilk, eggs, and 3 tablespoons maple syrup in medium bowl to blend.
- ☐ Add buttermilk mixture to dry ingredients; stir just until blended. Fold in 1/4 cup melted butter and crumbled bacon.
- ☐ Preheat waffle iron (medium heat). Lightly brush waffle iron with melted butter or spray with nonstick spray. Working in batches, spoon batter onto hot waffle iron, spreading evenly over grid. Close waffle iron and cook until waffle is brown, crisp, and set, about 6 minutes, depending on type of waffle iron.
- ☐ Transfer waffles to plates.
- ☐ Serve with maple syrup.

Nutrition Facts



Properties

Glycemic Index:56.58, Glycemic Load:31.99, Inflammation Score:-5, Nutrition Score:15.803913033527%

Nutrients (% of daily need)

Calories: 516.48kcal (25.82%), Fat: 24.97g (38.42%), Saturated Fat: 11.05g (69.05%), Carbohydrates: 59.4g (19.8%), Net Carbohydrates: 56.82g (20.66%), Sugar: 22.33g (24.81%), Cholesterol: 110.5mg (36.83%), Sodium: 557.11mg (24.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.1g (26.2%), Manganese: 1.01mg (50.33%), Vitamin B2: 0.77mg (45.23%), Selenium: 24.09µg (34.42%), Vitamin B1: 0.41mg (27.3%), Phosphorus: 251.22mg (25.12%), Calcium: 231.01mg (23.1%), Folate: 66.53µg (16.63%), Vitamin B3: 3.32mg (16.6%), Iron: 2.44mg (13.55%), Vitamin B6: 0.26mg (13.21%), Zinc: 1.88mg (12.55%), Magnesium: 47.41mg (11.85%), Vitamin B12: 0.68µg (11.32%), Vitamin D: 1.63µg (10.88%), Fiber: 2.57g (10.3%), Potassium: 351.01mg (10.03%), Vitamin B5: 0.96mg (9.65%), Vitamin A: 469.22IU (9.38%), Copper: 0.13mg (6.58%), Vitamin E: 0.67mg (4.44%), Vitamin K: 1.07µg (1.02%)