



Crispy Waffles

READY IN



45 min.

SERVINGS



16

CALORIES



138 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 ounce active yeast dry
- 0.3 teaspoon baking soda
- 0.5 cup butter melted
- 2 large eggs
- 2 cups flour all-purpose
- 2 cups warm milk (105° to 115°)
- 1 teaspoon salt
- 1 teaspoon sugar
- 0.5 cup warm water (105° to 115°)

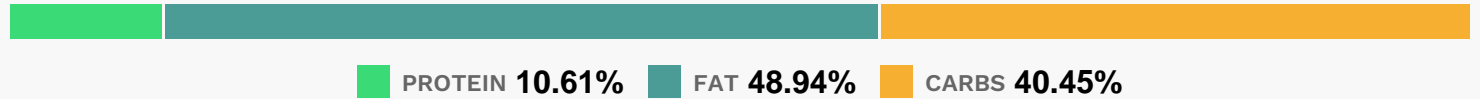
Equipment

- oven
- whisk
- mixing bowl
- measuring cup
- waffle iron

Directions

- Combine yeast and 1/2 cup water in a glass measuring cup; let stand 5 minutes.
- Combine yeast mixture, milk, and next 3 ingredients in a large mixing bowl.
- Add flour, stirring until smooth. Cover and chill 8 hours.
- Whisk in eggs and baking soda.
- Bake in a preheated, oiled waffle iron until crisp.

Nutrition Facts



Properties

Glycemic Index:11.44, Glycemic Load:9.34, Inflammation Score:-3, Nutrition Score:4.4856520912246%

Nutrients (% of daily need)

Calories: 137.52kcal (6.88%), Fat: 7.47g (11.49%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 13.89g (4.63%), Net Carbohydrates: 13.35g (4.85%), Sugar: 1.78g (1.98%), Cholesterol: 26.91mg (8.97%), Sodium: 250.71mg (10.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.29%), Vitamin B1: 0.19mg (12.78%), Selenium: 7.83µg (11.19%), Folate: 41.97µg (10.49%), Vitamin B2: 0.17mg (9.9%), Vitamin A: 336.9IU (6.74%), Phosphorus: 64.51mg (6.45%), Vitamin B3: 1.14mg (5.69%), Manganese: 0.11mg (5.56%), Iron: 0.85mg (4.7%), Calcium: 45.93mg (4.59%), Vitamin B12: 0.23µg (3.8%), Vitamin B5: 0.34mg (3.44%), Vitamin D: 0.46µg (3.07%), Zinc: 0.35mg (2.34%), Potassium: 78.34mg (2.24%), Vitamin B6: 0.04mg (2.17%), Fiber: 0.54g (2.16%), Magnesium: 8.38mg (2.09%), Vitamin E: 0.31mg (2.07%), Copper: 0.03mg (1.53%)