

Deluxe Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



287 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 4 egg whites
- ☐ 4 egg yolks
- ☐ 2 cups flour all-purpose
- ☐ 1.3 cups milk
- ☐ 1 teaspoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 3 tablespoons sugar white

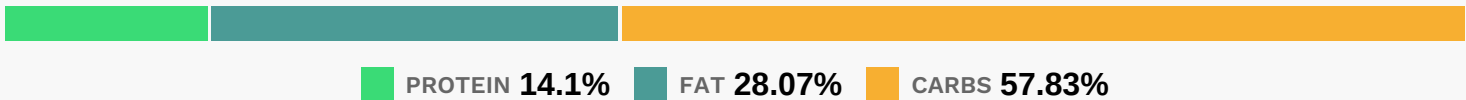
Equipment

- ☐ bowl
- ☐ waffle iron

Directions

- ☐ In a large bowl sift together the flour, baking powder, salt, and sugar. Make a well in the center of the bowl.
- ☐ In a separate bowl, mix together the egg yolks, milk, and oil.
- ☐ Pour into well of flour mixture and stir well. Stir just until ingredients are moistened.
- ☐ In a small bowl beat egg whites until stiff. Fold into batter.
- ☐ Cook batter in waffle iron.

Nutrition Facts



Properties

Glycemic Index:45.85, Glycemic Load:28.6, Inflammation Score:-4, Nutrition Score:11.302173935849%

Nutrients (% of daily need)

Calories: 287.49kcal (14.37%), Fat: 8.9g (13.69%), Saturated Fat: 2.71g (16.94%), Carbohydrates: 41.28g (13.76%), Net Carbohydrates: 40.15g (14.6%), Sugar: 8.75g (9.73%), Cholesterol: 135.7mg (45.23%), Sodium: 658.75mg (28.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.06g (20.12%), Selenium: 25.85µg (36.93%), Vitamin B2: 0.43mg (25.19%), Vitamin B1: 0.38mg (25.16%), Folate: 94.57µg (23.64%), Calcium: 203.48mg (20.35%), Phosphorus: 189.96mg (19%), Manganese: 0.3mg (14.82%), Iron: 2.5mg (13.91%), Vitamin B3: 2.54mg (12.69%), Vitamin B12: 0.53µg (8.77%), Vitamin D: 1.21µg (8.05%), Vitamin B5: 0.77mg (7.69%), Vitamin K: 7.04µg (6.71%), Zinc: 0.78mg (5.23%), Vitamin A: 255.39IU (5.11%), Potassium: 167.11mg (4.77%), Magnesium: 18.62mg (4.65%), Vitamin B6: 0.09mg (4.62%), Fiber: 1.13g (4.52%), Vitamin E: 0.66mg (4.38%), Copper: 0.08mg (3.76%)