



Double Strawberry Waffle

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



188 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 Tbsp philadelphia strawberry cream cheese spread
- 1 waffle frozen toasted
- 3 strawberries sliced

Equipment

Directions

- Spread waffle with cream cheese spread; top with strawberries.

Nutrition Facts

PROTEIN 9.57% FAT 50.99% CARBS 39.44%

Properties

Glycemic Index:40, Glycemic Load:0.82, Inflammation Score:-6, Nutrition Score:7.2852173136628%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 188.18kcal (9.41%), Fat: 10.73g (16.52%), Saturated Fat: 5.37g (33.58%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 17.54g (6.38%), Sugar: 3.7g (4.11%), Cholesterol: 28.94mg (9.65%), Sodium: 353.94mg (15.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.07%), Vitamin C: 21.17mg (25.66%), Vitamin A: 840.67IU (16.81%), Iron: 2.46mg (13.65%), Calcium: 125.36mg (12.54%), Phosphorus: 118.19mg (11.82%), Vitamin B6: 0.23mg (11.52%), Vitamin B3: 2.27mg (11.37%), Vitamin B1: 0.17mg (11.19%), Vitamin B2: 0.19mg (11.17%), Vitamin B12: 0.63µg (10.5%), Folate: 40.14µg (10.03%), Manganese: 0.14mg (6.95%), Fiber: 1.14g (4.56%), Magnesium: 10.63mg (2.66%), Potassium: 85.18mg (2.43%), Zinc: 0.23mg (1.5%)