

Dutch Cream Waffles

 Vegetarian

READY IN



20 min.

SERVINGS



3

CALORIES



538 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 eggs separated
- 1 cup flour all-purpose
- 1 cup cup heavy whipping cream
- 3 servings maple syrup
- 0.3 teaspoon salt

Equipment

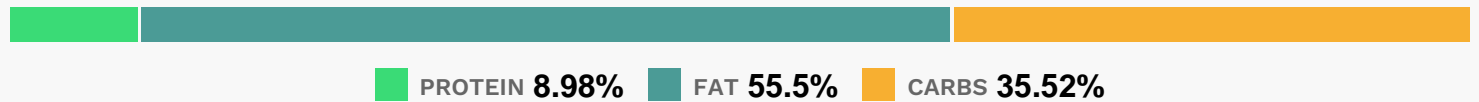
- bowl
- oven

waffle iron

Directions

- In a large bowl, combine flour and salt. In a small bowl, beat egg yolks on low speed; gradually add cream and beat for 1 minute.
- Add to flour mixture; combine on low speed, then beat on medium-high until smooth.
- In another bowl with clean beaters, beat egg whites on high until stiff peaks form. Gently fold into batter.
- Bake in a preheated waffle iron according to manufacturer's directions.
- Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:37.17, Glycemic Load:27.92, Inflammation Score:-7, Nutrition Score:14.960434926593%

Nutrients (% of daily need)

Calories: 538.32kcal (26.92%), Fat: 33.23g (51.13%), Saturated Fat: 19.69g (123.05%), Carbohydrates: 47.84g (15.95%), Net Carbohydrates: 46.72g (16.99%), Sugar: 14.58g (16.2%), Cholesterol: 253.33mg (84.44%), Sodium: 280.32mg (12.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.1g (24.2%), Vitamin B2: 0.81mg (47.65%), Selenium: 30.01µg (42.88%), Manganese: 0.76mg (37.89%), Vitamin A: 1403.8IU (28.08%), Folate: 100.1µg (25.03%), Vitamin B1: 0.37mg (24.92%), Phosphorus: 178.13mg (17.81%), Iron: 2.81mg (15.59%), Vitamin D: 2.15µg (14.33%), Vitamin B3: 2.56mg (12.8%), Vitamin B5: 1.06mg (10.59%), Calcium: 105.17mg (10.52%), Vitamin B12: 0.52µg (8.64%), Vitamin E: 1.22mg (8.11%), Zinc: 1.19mg (7.93%), Potassium: 225.71mg (6.45%), Magnesium: 24.2mg (6.05%), Vitamin B6: 0.12mg (6.05%), Copper: 0.1mg (5.03%), Fiber: 1.13g (4.5%), Vitamin K: 2.8µg (2.66%)