



## Easy Waffles

 Vegetarian

READY IN



35 min.

SERVINGS



7

CALORIES



676 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 tablespoon double-acting baking powder
- 3 large eggs
- 3 cups flour all-purpose
- 3 tablespoons granulated sugar
- 1 teaspoon lemon zest
- 3.3 cups milk (not nonfat)
- 1 teaspoon salt fine
- 8 ounces butter unsalted melted

- 1 tablespoon vanilla extract
- 7 servings vegetable oil for brushing the waffle iron

## Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- spatula
- waffle iron

## Directions

- Heat the oven to 250°F and arrange a rack in the middle. Set a wire rack on a baking sheet and place it in the oven.
- Whisk together the flour, sugar, baking powder, and salt in a large bowl to aerate and break up any lumps; set aside.
- Place the eggs in a large bowl and whisk until they're just broken up.
- Add the milk, melted butter, vanilla, and zest, if using, and whisk until evenly combined.
- Add the milk mixture to the flour mixture and stir with a spoon or rubber spatula until the flour is just incorporated and no streaks remain. (The batter may have a few lumps.)
- Heat the waffle iron to medium according to the manufacturer's instructions. Once heated, brush the iron with vegetable oil, fill it with batter, close the lid, and cook until the waffle is golden brown (when the steam starts to diminish from the waffle iron, you can open the top and peek for doneness).
- Transfer to the wire rack on the baking sheet in the oven. Repeat with the remaining batter, brushing the iron with oil between each waffle.
- Serve immediately with maple syrup, apricot syrup, or strawberry sauce (if using).

## Nutrition Facts



■ PROTEIN 7.24% ■ FAT 61.87% ■ CARBS 30.89%

## Properties

Glycemic Index:39.3, Glycemic Load:35.61, Inflammation Score:-7, Nutrition Score:16.517826150293%

## Nutrients (% of daily need)

Calories: 675.87kcal (33.79%), Fat: 46.49g (71.52%), Saturated Fat: 21.64g (135.25%), Carbohydrates: 52.22g (17.41%), Net Carbohydrates: 50.74g (18.45%), Sugar: 11.07g (12.3%), Cholesterol: 162.97mg (54.32%), Sodium: 592.27mg (25.75%), Alcohol: 0.64g (100%), Alcohol %: 0.33% (100%), Protein: 12.23g (24.46%), Selenium: 27.25µg (38.93%), Vitamin B1: 0.49mg (32.97%), Vitamin B2: 0.53mg (31.35%), Folate: 109.12µg (27.28%), Vitamin K: 28.58µg (27.22%), Calcium: 268.73mg (26.87%), Phosphorus: 260.19mg (26.02%), Vitamin A: 1109.04IU (22.18%), Manganese: 0.38mg (19.14%), Iron: 3.07mg (17.05%), Vitamin B3: 3.32mg (16.6%), Vitamin E: 2.21mg (14.74%), Vitamin D: 2.16µg (14.4%), Vitamin B12: 0.86µg (14.29%), Vitamin B5: 1.02mg (10.23%), Potassium: 268.32mg (7.67%), Zinc: 1.15mg (7.66%), Magnesium: 29.34mg (7.33%), Vitamin B6: 0.13mg (6.55%), Fiber: 1.48g (5.92%), Copper: 0.1mg (5.06%)