

Eggnog-Raspberry Belgian Waffles

READY IN



25 min.

SERVINGS



6

CALORIES



400 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 teaspoons double-acting baking powder
- 2 tablespoons butter melted
- 1 eggs beaten
- 1.5 cups eggnog
- 1.5 cups flour all-purpose
- 2 cups raspberries
- 1 cup raspberry preserves
- 1 tablespoon sugar

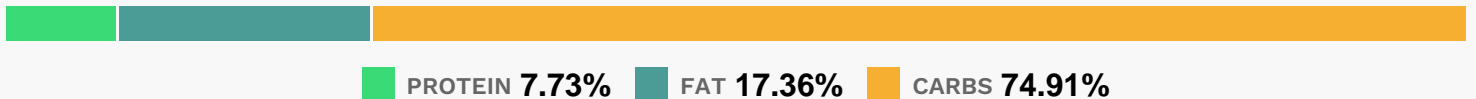
Equipment

- frying pan
- mixing bowl
- waffle iron

Directions

- Heat a Belgian waffle iron.
- Mix the flour, sugar, and baking powder together in a mixing bowl. Stir in 1 cup eggnog, butter, and the egg until well blended.
- Add more eggnog if needed to make a pourable batter.
- Lightly grease or spray the waffle iron with non-stick cooking spray.
- Pour some batter onto the preheated waffle iron, close the top, and cook until golden brown and crisp on both sides. Waffles are usually cooked with steam subsides.
- Transfer waffles to a serving plate, and keep warm.
- Meanwhile, place the raspberry preserves in a pan, and heat over medium heat until pourable.
- To serve, drizzle raspberry preserves over each waffle, and top with raspberries. If desired, add a dollop of whipped cream to each waffle.

Nutrition Facts



Properties

Glycemic Index:70.52, Glycemic Load:43.58, Inflammation Score:-5, Nutrition Score:11.960869529973%

Flavonoids

Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg

Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 400.49kcal (20.02%), Fat: 7.76g (11.93%), Saturated Fat: 4.33g (27.09%), Carbohydrates: 75.27g (25.09%), Net Carbohydrates: 71.2g (25.89%), Sugar: 36.47g (40.53%), Cholesterol: 74.78mg (24.93%), Sodium: 270.55mg (11.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.77g (15.54%), Manganese: 0.51mg (25.46%), Selenium: 16.79µg (23.98%), Vitamin B2: 0.37mg (21.69%), Calcium: 211.75mg (21.18%), Vitamin C: 16.42mg (19.9%), Vitamin B1: 0.29mg (19.46%), Folate: 76.04µg (19.01%), Phosphorus: 177.49mg (17.75%), Fiber: 4.07g (16.28%), Iron: 2.44mg (13.58%), Vitamin B3: 2.18mg (10.89%), Magnesium: 31.43mg (7.86%), Copper: 0.15mg (7.58%), Potassium: 253.86mg (7.25%), Vitamin B5: 0.66mg (6.62%), Vitamin D: 0.91µg (6.06%), Vitamin A: 300.23IU (6%), Vitamin B12: 0.36µg (5.98%), Zinc: 0.81mg (5.41%), Vitamin E: 0.75mg (5.02%), Vitamin B6: 0.09mg (4.57%), Vitamin K: 3.75µg (3.57%)