

Fat-free Vanilla or Blueberry Waffles

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



142 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons agave nectar
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.8 cup blueberries
- 1 tablespoon apple cider vinegar
- 1 teaspoon potato flour
- 0.8 teaspoon salt
- 1.3 cups non-dairy milk (or other non-dairy milk)

- 0.5 vanilla extract (or 1 teaspoon vanilla extract)
- 1.3 cups flour whole wheat white (I used)

Equipment

- bowl
- waffle iron

Directions

- Combine the dry ingredients in a medium-sized bowl.
- Combine the soy milk, cider vinegar, and agave in a smaller bowl. Split the vanilla bean lengthwise and scrape the seeds into the liquid ingredients (or add vanilla extract).
- Pour the wet ingredients into the dry and stir just until all flour is moistened. If blueberry waffles, fold in blueberries. Set batter aside while you heat your waffle iron. Spray your waffle iron with canola oil, if necessary, and follow your iron's instructions for making the waffles, cooking until golden brown. Makes approximately 12 waffles.

Nutrition Facts



PROTEIN 13.79% **FAT 9.57%** **CARBS 76.64%**

Properties

Glycemic Index:36.74, Glycemic Load:2.58, Inflammation Score:-3, Nutrition Score:5.5182608612206%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 141.76kcal (7.09%), Fat: 1.55g (2.39%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 28.02g (9.34%), Net Carbohydrates: 24.83g (9.03%), Sugar: 7.96g (8.85%), Cholesterol: 0mg (0%), Sodium: 550.22mg (23.92%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Protein: 5.04g (10.08%), Calcium: 170.2mg (17.02%), Fiber: 3.19g (12.76%), Vitamin E: 1.5mg (9.98%), Vitamin B12: 0.57µg (9.44%), Vitamin B3: 1.86mg (9.32%), Vitamin C: 6.77mg (8.21%), Vitamin B6: 0.15mg (7.54%), Vitamin B2: 0.12mg (7.28%), Iron: 1.06mg (5.88%), Folate: 20.08µg (5.02%), Vitamin K: 5.15µg (4.9%), Vitamin A: 216.1IU (4.32%), Vitamin D: 0.63µg (4.2%), Copper: 0.08mg (3.85%), Manganese: 0.07mg (3.54%), Potassium: 121.58mg (3.47%), Vitamin B1: 0.05mg (3.24%), Phosphorus: 32.27mg (3.23%), Selenium: 1.35µg (1.93%), Zinc: 0.16mg (1.07%)