



Fruity Waffle Star with Maple Custard

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



85 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup bananas sliced
- 4 waffles frozen
- 1 pkg jell-o vanilla flavor pudding instant (4-serving size)
- 0.8 cup milk cold
- 0.3 cup pancake syrup
- 1 cup strawberries sliced

Equipment

- bowl

whisk

Directions

Combine milk and syrup in medium bowl.

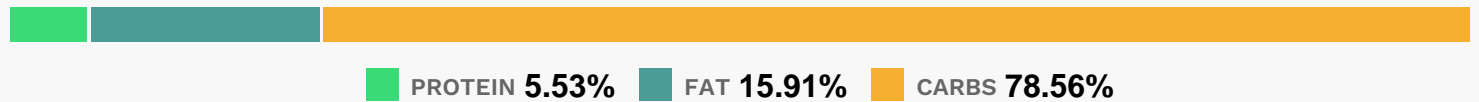
Add dry pudding mix. Beat with wire whisk 2 min. or until well blended.

Cut 1 waffle into 6 wedges; arrange in star shape on serving plate. Repeat with remaining waffles.

Toss bananas with strawberries. Spoon 1/2 cup of the fruit mixture over waffle pieces on each plate; top each with 1/4 cup of the pudding mixture.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.85, Glycemic Load:1.54, Inflammation Score:-2, Nutrition Score:2.7326087329699%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 85.03kcal (4.25%), Fat: 1.55g (2.38%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 17.18g (5.73%), Net Carbohydrates: 16.57g (6.03%), Sugar: 7.61g (8.45%), Cholesterol: 4.1mg (1.37%), Sodium: 105.31mg (4.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Vitamin C: 6.51mg (7.9%), Vitamin B6: 0.11mg (5.28%), Phosphorus: 46.69mg (4.67%), Vitamin B2: 0.08mg (4.48%), Calcium: 39.12mg (3.91%), Vitamin B12: 0.23µg (3.9%), Iron: 0.69mg (3.84%), Vitamin B1: 0.06mg (3.69%), Manganese: 0.07mg (3.48%), Vitamin A: 172.48IU (3.45%), Vitamin B3: 0.69mg (3.43%), Folate: 12.7µg (3.18%), Fiber: 0.6g (2.41%), Potassium: 78.25mg (2.24%),

Magnesium: 7.1mg (1.78%), Copper: 0.02mg (1.24%)