



Georgia Grits Waffles

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



221 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.8 cup buttermilk
- 2 large eggs lightly beaten
- 1.3 cups flour all-purpose
- 0.5 cup regular grits uncooked
- 1 tablespoon sugar
- 6 tablespoons butter unsalted cold cubed

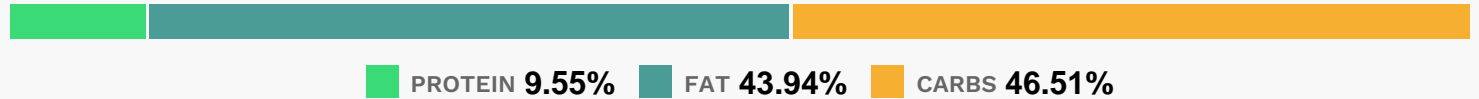
Equipment

- bowl
- sauce pan
- whisk
- waffle iron

Directions

- Bring 2 cups water to a boil over medium-high heat in a medium saucepan.
- Whisk in grits; bring to a boil. Reduce heat to low; cook, stirring often, 15 minutes or until tender. Stir in butter until melted; cool to room temperature. Stir in buttermilk and eggs.
- Whisk together flour and next 3 ingredients in a small bowl. Stir flour mixture into grits mixture until just combined.
- Cook in a preheated, oiled waffle iron until golden (about 1/3 cup batter each).
- Brought to the table by cookbook author Constance Snow (adapted from The Rustic Table cookbook).

Nutrition Facts



Properties

Glycemic Index:33.51, Glycemic Load:12.42, Inflammation Score:-3, Nutrition Score:5.8439130627591%

Nutrients (% of daily need)

Calories: 220.68kcal (11.03%), Fat: 10.76g (16.56%), Saturated Fat: 6.26g (39.11%), Carbohydrates: 25.63g (8.54%), Net Carbohydrates: 24.95g (9.07%), Sugar: 2.76g (3.07%), Cholesterol: 71.55mg (23.85%), Sodium: 217.43mg (9.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.52%), Selenium: 13.07µg (18.66%), Vitamin B1: 0.18mg (12.14%), Vitamin B2: 0.2mg (11.77%), Folate: 43.54µg (10.89%), Calcium: 97.29mg (9.73%), Phosphorus: 96.52mg (9.65%), Vitamin A: 387.89IU (7.76%), Iron: 1.34mg (7.46%), Manganese: 0.15mg (7.43%), Vitamin B3: 1.3mg (6.52%), Vitamin D: 0.7µg (4.67%), Vitamin B5: 0.42mg (4.22%), Vitamin B12: 0.23µg (3.88%), Zinc: 0.43mg (2.89%), Magnesium: 11.16mg (2.79%), Fiber: 0.69g (2.74%), Vitamin E: 0.4mg (2.68%), Vitamin B6: 0.05mg (2.63%), Copper: 0.05mg (2.6%), Potassium: 84.63mg (2.42%)