



Ginger-Whole Wheat Waffles

 Vegetarian

READY IN



34 min.

SERVINGS



34

CALORIES



94 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons canola oil
- ☐ 0.3 cup crystallized ginger chopped
- ☐ 1 large eggs
- ☐ 1 teaspoon ground ginger
- ☐ 4 tablespoons honey
- ☐ 34 servings strawberry-maple syrup
- ☐ 1.3 cups pancake-and-waffle mix whole wheat
- ☐ 1 cup milk whole

Equipment

- ☐ bowl
- ☐ waffle iron

Directions

- ☐ Stir together first 3 ingredients in a medium bowl.
- ☐ Add milk and next 3 ingredients, stirring until smooth.
- ☐ Let stand 5 minutes.
- ☐ Cook batter in a preheated, lightly greased waffle iron until crisp and brown.
- ☐ Serve immediately with Strawberry-Maple Syrup.
- ☐ Note: We tested with Aunt Jemima Whole Wheat Blend Pancake & Waffle mix.

Nutrition Facts



Properties

Glycemic Index:3.73, Glycemic Load:6.11, Inflammation Score:-1, Nutrition Score:2.8430435361098%

Nutrients (% of daily need)

Calories: 93.86kcal (4.69%), Fat: 1.98g (3.04%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 18.36g (6.12%), Net Carbohydrates: 18.26g (6.64%), Sugar: 15.4g (17.12%), Cholesterol: 9.73mg (3.24%), Sodium: 31.07mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.61%), Manganese: 0.49mg (24.45%), Vitamin B2: 0.29mg (16.85%), Calcium: 41.94mg (4.19%), Phosphorus: 25.32mg (2.53%), Potassium: 69.37mg (1.98%), Vitamin B1: 0.03mg (1.83%), Magnesium: 6.46mg (1.62%), Selenium: 1.11µg (1.58%), Vitamin E: 0.24mg (1.57%), Zinc: 0.23mg (1.55%), Vitamin B12: 0.07µg (1.13%)