



Gingerbread Waffles with Apples and Caramel

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



318 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 28 ounce apples
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup t brown sugar dark divided packed
- ☐ 0.5 cup butter divided melted
- ☐ 2 cups buttermilk
- ☐ 12 ounce mrs richardson's butterscotch caramel sauce
- ☐ 2 large eggs separated
- ☐ 2 cups flour all-purpose

- ☐ 2 teaspoons ground cinnamon divided
- ☐ 2 teaspoons ground ginger divided
- ☐ 0.5 teaspoon salt
- ☐ 12 servings ground cinnamon toasted chopped

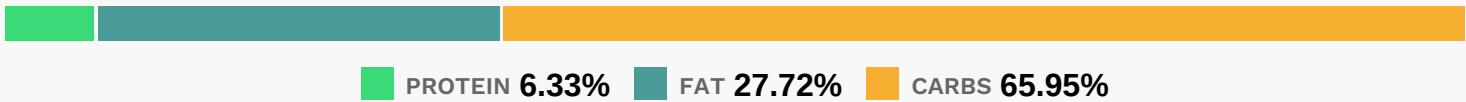
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ microwave
- ☐ waffle iron

Directions

- ☐ Combine flour, 1/4 cup brown sugar, baking soda, 1 teaspoon ginger, 1 teaspoon cinnamon, and salt in a large bowl. Stir together egg yolks, buttermilk, and 1/4 cup butter; stir into flour mixture.
- ☐ Beat egg whites at high speed with an electric mixer until stiff peaks form; fold into batter.
- ☐ Bake in a preheated, oiled waffle iron until golden.
- ☐ Cook apples, remaining 1/4 cup brown sugar, 1 teaspoon ginger, 1 teaspoon cinnamon, and 1/4 cup butter in a small saucepan over low heat, stirring constantly, until thoroughly heated.
- ☐ Microwave caramel sauce in a 2-cup bowl at HIGH 1 1/2 minutes, stirring once.
- ☐ Serve waffles with apple mixture and caramel sauce; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:14.55, Inflammation Score:-4, Nutrition Score:8.4934783292853%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 4.98mg, Epicatechin: 4.98mg, Epicatechin: 4.98mg, Epicatechin: 4.98mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 317.71kcal (15.89%), Fat: 10.15g (15.61%), Saturated Fat: 5.95g (37.19%), Carbohydrates: 54.31g (18.11%), Net Carbohydrates: 50.88g (18.5%), Sugar: 34.04g (37.82%), Cholesterol: 55.74mg (18.58%), Sodium: 403.39mg (17.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.43%), Manganese: 0.71mg (35.4%), Selenium: 11.93µg (17.05%), Fiber: 3.44g (13.74%), Vitamin B2: 0.23mg (13.63%), Vitamin B1: 0.2mg (13.2%), Folate: 47.15µg (11.79%), Calcium: 105.35mg (10.54%), Phosphorus: 96.02mg (9.6%), Iron: 1.53mg (8.51%), Vitamin A: 415.58IU (8.31%), Vitamin B3: 1.41mg (7.05%), Potassium: 206.22mg (5.89%), Vitamin B12: 0.33µg (5.42%), Vitamin B5: 0.49mg (4.89%), Vitamin D: 0.69µg (4.58%), Magnesium: 17.44mg (4.36%), Vitamin C: 3.28mg (3.97%), Copper: 0.08mg (3.89%), Vitamin B6: 0.07mg (3.73%), Vitamin E: 0.53mg (3.57%), Zinc: 0.5mg (3.32%), Vitamin K: 3.06µg (2.91%)