

Gingerbread Waffles with Vanilla Bean–Orange Butter

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



530 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 3 cups buttermilk well-shaken
- 0.3 cup t brown sugar dark packed
- 0.3 cup blackstrap molasses dark such as grandma's robust
- 3 large eggs
- 3 cups flour all-purpose

- 0.3 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 1 tablespoon ground ginger
- 1 teaspoon orange zest finely grated (from 1 medium orange)
- 1 teaspoon salt fine
- 8 ounces butter unsalted melted
- 1 vanilla extract split
- 2 teaspoons vanilla extract

Equipment

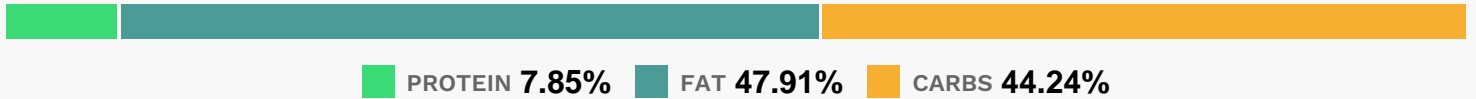
- bowl
- baking sheet
- oven
- whisk
- wire rack
- spatula
- waffle iron

Directions

- Place the butter in a medium bowl and mash it with a rubber spatula until it's very spreadable.
- Heat the oven to 250°F and arrange a rack in the middle. Set a wire rack on a baking sheet and place it in the oven.
- Whisk together the flour, sugar, ginger, baking powder, baking soda, cinnamon, salt, allspice, and cloves in a large bowl to aerate and break up any lumps; set aside.
- Place the eggs in a large bowl and whisk until they're just broken up.
- Add the buttermilk, melted butter, molasses, and vanilla and whisk until evenly combined.
- Add the buttermilk mixture to the reserved flour mixture and stir with a rubber spatula until the flour is just incorporated and no streaks remain. (The batter may have a few lumps.)

- Heat a Belgian waffle iron to medium low according to the manufacturer's instructions. Once heated, fill it with batter, close the lid, and cook until the steam starts to diminish (open the top and peek for doneness after a few minutes).
- Transfer the waffle to the wire rack on the baking sheet in the oven. Repeat with the remaining batter.
- Serve immediately with the vanilla-orange butter and maple syrup, if using.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:32.12, Inflammation Score:-7, Nutrition Score:15.719565099996%

Nutrients (% of daily need)

Calories: 530.32kcal (26.52%), Fat: 28.27g (43.49%), Saturated Fat: 16.95g (105.97%), Carbohydrates: 58.74g (19.58%), Net Carbohydrates: 57.21g (20.8%), Sugar: 21.93g (24.37%), Cholesterol: 140.6mg (46.87%), Sodium: 666.22mg (28.97%), Alcohol: 0.39g (100%), Alcohol %: 0.23% (100%), Protein: 10.42g (20.84%), Manganese: 0.82mg (41.24%), Selenium: 28.21µg (40.3%), Vitamin B2: 0.48mg (28.5%), Vitamin B1: 0.43mg (28.39%), Folate: 100.21µg (25.05%), Calcium: 225.62mg (22.56%), Phosphorus: 199.02mg (19.9%), Iron: 3.52mg (19.53%), Vitamin A: 960.57IU (19.21%), Vitamin B3: 3.09mg (15.43%), Magnesium: 58.85mg (14.71%), Vitamin D: 1.97µg (13.13%), Potassium: 431.24mg (12.32%), Vitamin B12: 0.63µg (10.48%), Vitamin B5: 0.99mg (9.94%), Vitamin B6: 0.19mg (9.4%), Copper: 0.19mg (9.27%), Zinc: 1.01mg (6.74%), Vitamin E: 0.95mg (6.37%), Fiber: 1.54g (6.16%), Vitamin K: 2.58µg (2.46%)