



Gluten-Free Banana Pecan Waffles

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



5

CALORIES



227 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.3 cups milk
- 3 tablespoons vegetable oil
- 1 eggs
- 1 medium banana ripe mashed
- 0.3 cup pecans chopped
- 1 serving maple syrup
- 1 serving banana sliced
- 1 serving pecans chopped

1.3 cups frangelico gluten free

Equipment

bowl

oven

whisk

waffle iron

Directions

Heat waffle maker. (Waffle makers without a nonstick coating may need to be brushed with vegetable oil or sprayed with cooking spray.)

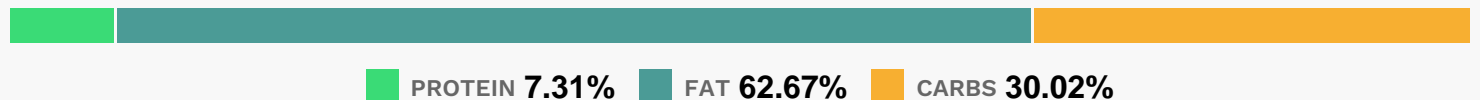
In large bowl, stir Bisquick mix, milk, oil and egg with whisk or fork until blended. Gently fold in banana and pecans.

Pour about 1/2 cup batter onto center of hot waffle maker. (Check manufacturer's directions for recommended amount of batter.) Close lid of waffle maker.

Bake about 5 minutes or until steaming stops. Carefully remove waffle. Repeat with remaining batter.

Serve with syrup, bananas and pecans.

Nutrition Facts



Properties

Glycemic Index:40.81, Glycemic Load:7.5, Inflammation Score:-3, Nutrition Score:7.9047826580379%

Flavonoids

Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Catechin: 3.52mg, Catechin: 3.52mg, Catechin: 3.52mg, Catechin: 3.52mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 227.15kcal (11.36%), Fat: 16.49g (25.36%), Saturated Fat: 3.17g (19.82%), Carbohydrates: 17.77g (5.92%), Net Carbohydrates: 15.79g (5.74%), Sugar: 11.61g (12.9%), Cholesterol: 40.06mg (13.35%), Sodium: 36.52mg (1.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.65%), Manganese: 0.56mg (28.23%), Vitamin K: 15.72µg (14.97%), Vitamin B2: 0.22mg (12.97%), Vitamin B6: 0.25mg (12.35%), Phosphorus: 110.45mg (11.05%), Calcium: 91.98mg (9.2%), Potassium: 317.96mg (9.08%), Fiber: 1.99g (7.94%), Magnesium: 31.43mg (7.86%), Vitamin B1: 0.1mg (6.98%), Vitamin B12: 0.41µg (6.8%), Copper: 0.13mg (6.73%), Selenium: 4.63µg (6.62%), Vitamin E: 0.94mg (6.29%), Vitamin B5: 0.59mg (5.9%), Vitamin D: 0.85µg (5.65%), Zinc: 0.8mg (5.35%), Vitamin C: 4.33mg (5.25%), Folate: 15.54µg (3.88%), Vitamin A: 181.75IU (3.64%), Iron: 0.48mg (2.64%), Vitamin B3: 0.49mg (2.43%)