



Gluten-Free Banana Pecan Waffles

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



5

CALORIES



366 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

- ☐ 1.3 cups frangelico gluten free
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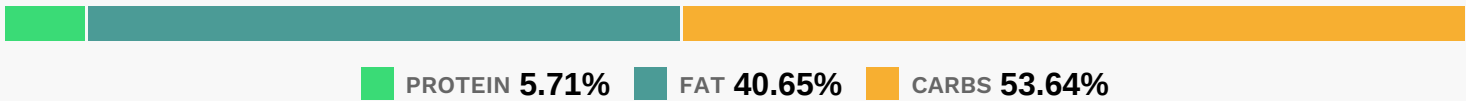
Equipment

- ☐ 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 manufacturers 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:22.59, Inflammation Score:-5, Nutrition Score:14.054347846819%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 9.72mg, Catechin: 9.72mg, Catechin: 9.72mg, Catechin: 9.72mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 365.59kcal (18.28%), Fat: 17.39g (26.76%), Saturated Fat: 3.33g (20.83%), Carbohydrates: 51.65g (17.22%), Net Carbohydrates: 46.96g (17.08%), Sugar: 33.53g (37.26%), Cholesterol: 40.06mg (13.35%), Sodium: 38.97mg (1.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Manganese: 1.24mg (62.04%), Vitamin B6: 0.62mg (30.93%), Vitamin B2: 0.5mg (29.31%), Potassium: 718.11mg (20.52%), Fiber: 4.68g (18.73%), Vitamin C: 13.11mg (15.89%), Magnesium: 62.97mg (15.74%), Vitamin K: 16.25µg (15.48%), Phosphorus: 134.84mg (13.48%), Calcium: 115.02mg (11.5%), Copper: 0.22mg (11.14%), Vitamin B1: 0.15mg (10.12%), Vitamin B5: 0.93mg (9.33%), Folate: 35.87µg (8.97%), Selenium: 5.67µg (8.1%), Zinc: 1.1mg (7.35%), Vitamin E: 1.06mg (7.04%), Vitamin B12: 0.41µg (6.8%), Vitamin B3: 1.18mg (5.89%), Vitamin D: 0.85µg (5.65%), Vitamin A: 246.71IU (4.93%), Iron: 0.78mg (4.31%)