



Gluten-Free Pumpkin Waffles

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



258 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon agave nectar
- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1.3 teaspoons cinnamon
- 0.5 teaspoon ginger
- 1 tablespoon ground flaxseed
- 0.5 teaspoon nutmeg freshly-ground
- 2 tablespoons orange juice

- 2 tablespoons potato flour (or corn starch)
- 0.5 cup rice flour
- 0.5 teaspoon salt
- 0.8 cup pumpkin puree canned
- 0.8 cup sorghum flour
- 1.5 cups non-dairy milk

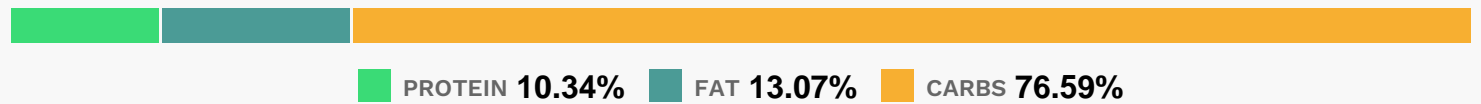
Equipment

- waffle iron

Directions

- Mix all ingredients except orange juice and set aside to rest while you heat your waffle iron. Once the waffle iron is hot, add the orange juice to the batter and stir. Spray the iron lightly with canola oil and follow manufacturer's directions to make waffles. (Batter will be very thick; add more orange juice or water if you want a thinner batter.) You may need to spray the iron between waffles to avoid sticking.

Nutrition Facts



Properties

Glycemic Index:95.6, Glycemic Load:13.1, Inflammation Score:-10, Nutrition Score:18.836956335151%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 257.71kcal (12.89%), Fat: 3.81g (5.86%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 50.18g (16.73%), Net Carbohydrates: 45.39g (16.51%), Sugar: 8.74g (9.71%), Cholesterol: 0mg (0%), Sodium: 826.89mg (35.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.55%), Vitamin A: 7516.16IU (150.32%), Manganese: 0.77mg (38.39%), Calcium: 273.06mg (27.31%), Vitamin B3: 5.04mg (25.22%), Vitamin B6: 0.45mg (22.66%), Vitamin E: 2.94mg (19.58%), Fiber: 4.79g (19.14%), Vitamin C: 13.65mg (16.55%), Phosphorus: 164.77mg (16.48%),

Vitamin B12: 0.96µg (15.93%), Magnesium: 56.5mg (14.13%), Vitamin B1: 0.21mg (13.92%), Vitamin B2: 0.23mg (13.74%), Copper: 0.27mg (13.65%), Iron: 2.28mg (12.65%), Selenium: 8.6µg (12.29%), Folate: 47.16µg (11.79%), Potassium: 381.14mg (10.89%), Vitamin K: 10.25µg (9.76%), Vitamin D: 1.06µg (7.08%), Vitamin B5: 0.61mg (6.12%), Zinc: 0.9mg (5.97%)