



Gluten-Free, Vegan Vanilla Waffles



Dairy Free

READY IN



20 min.

SERVINGS



7

CALORIES



144 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

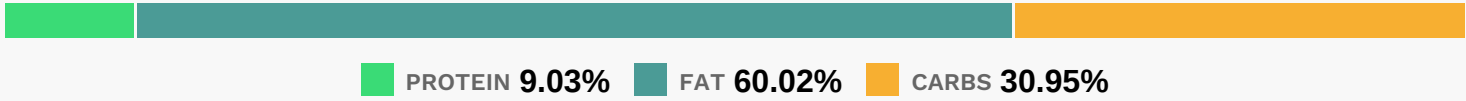
- ☐ 1.3 cups vanilla almond milk
- ☐ 1 teaspoon apple cider vinegar
- ☐ 3 tablespoons coconut oil melted
- ☐ 1 tablespoon flax seed meal
- ☐ 2 cups pancake/waffle mix gluten-free
- ☐ 1 teaspoon vanilla extract
- ☐ 3 tablespoons warm water

Equipment

Directions

☐ Blend together the flax seed meal and warm water and set aside for 5 minutes. Similarly mix together the almond milk and vinegar and set aside. After 5–10 minutes, stir in the flax seed mixture, almond milk and vinegar mixture and rest of the wet ingredients with the gluten-free mix. This batter comes together easily without forming any lumps. Now prepare the waffles as you would usually or follow the instructions in this [vegan waffle recipe](#).

Nutrition Facts



Properties

Glycemic Index:13.43, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.463478256017%

Nutrients (% of daily need)

Calories: 144.34kcal (7.22%), Fat: 9.76g (15.02%), Saturated Fat: 5.75g (35.91%), Carbohydrates: 11.33g (3.78%), Net Carbohydrates: 10.22g (3.72%), Sugar: 0.14g (0.15%), Cholesterol: 26.37mg (8.79%), Sodium: 246.32mg (10.71%), Alcohol: 0.2g (100%), Alcohol %: 0.26% (100%), Protein: 3.3g (6.61%), Calcium: 136.34mg (13.63%), Phosphorus: 122.77mg (12.28%), Vitamin B2: 0.12mg (6.92%), Vitamin B1: 0.09mg (6.07%), Selenium: 3.89µg (5.56%), Fiber: 1.11g (4.45%), Manganese: 0.08mg (4%), Folate: 14.24µg (3.56%), Magnesium: 12.26mg (3.06%), Iron: 0.55mg (3.03%), Vitamin B3: 0.49mg (2.45%), Potassium: 83.41mg (2.38%), Vitamin B6: 0.04mg (2.19%), Zinc: 0.32mg (2.16%), Vitamin B12: 0.13µg (2.1%), Vitamin B5: 0.2mg (1.98%), Vitamin A: 92.86IU (1.86%), Copper: 0.03mg (1.56%)