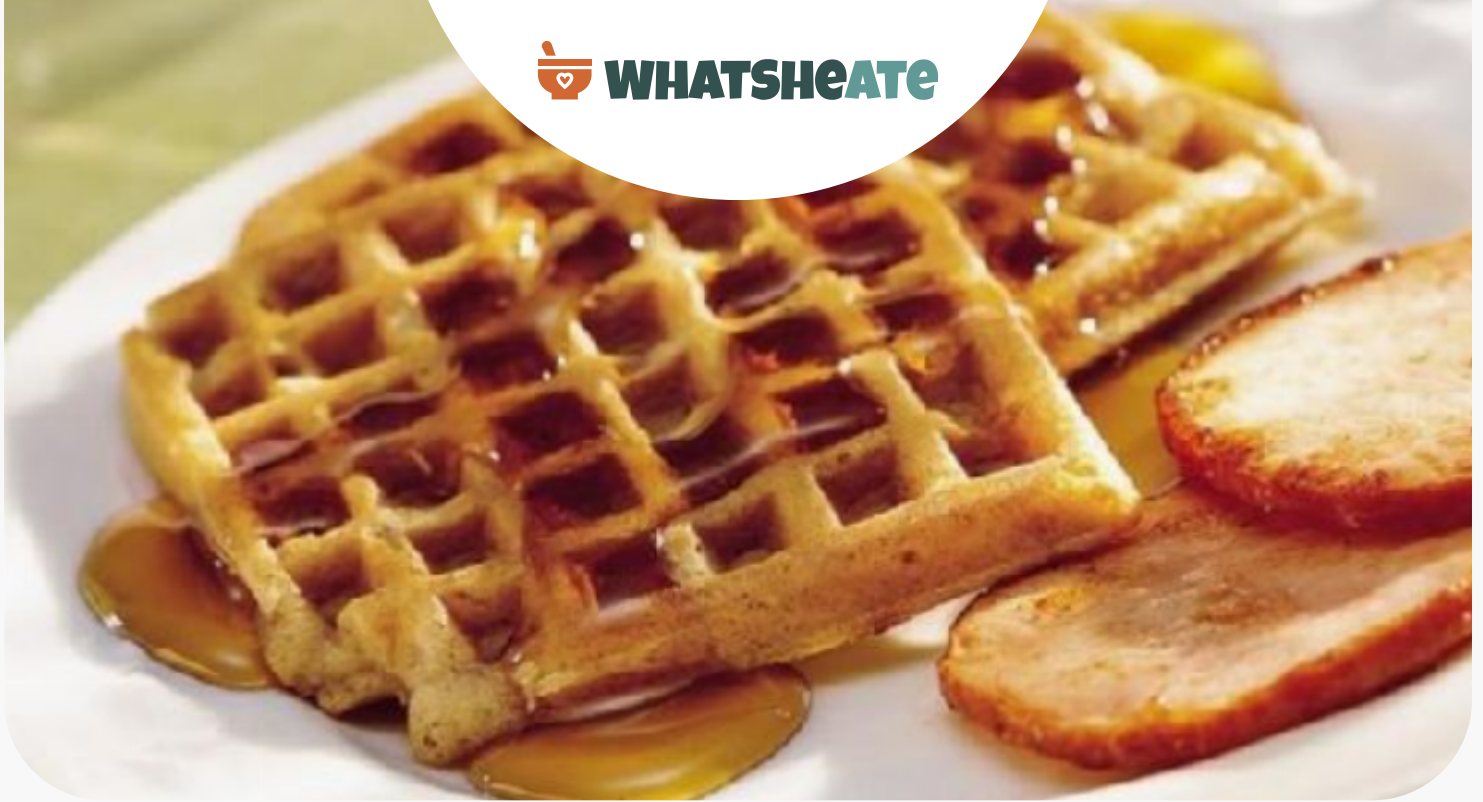




Golden Harvest Waffles



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



68 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup apples shredded all-purpose peeled (1 small)
- ☐ 0.3 cup carrots shredded
- ☐ 0.3 cup nuts chopped
- ☐ 1.3 cups milk
- ☐ 2 tablespoons vegetable oil
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 eggs
- ☐ 1 serving maple syrup

☐ 2 cups frangelico

Equipment

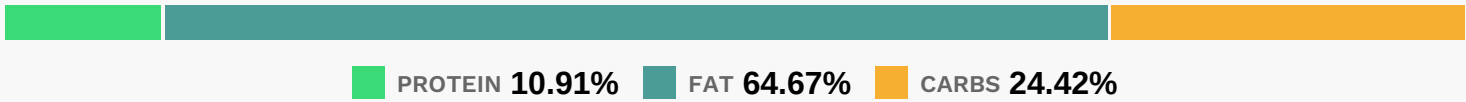
☐ oven

☐ waffle iron

Directions

- ☐ Heat waffle iron; grease if necessary.
- ☐ Stir all ingredients except syrup until blended.
- ☐ Pour batter by slightly less than 1 cupfuls onto center of hot waffle iron.
- ☐ Bake about 5 minutes or until steaming stops and waffle is golden brown. Carefully remove waffle.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:1.31, Inflammation Score:-4, Nutrition Score:2.8773912968843%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 68.08kcal (3.4%), Fat: 5.04g (7.76%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 4.28g (1.43%), Net Carbohydrates: 3.73g (1.36%), Sugar: 2.99g (3.32%), Cholesterol: 16.89mg (5.63%), Sodium: 17.93mg (0.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.83%), Vitamin A: 512.97IU (10.26%), Manganese: 0.13mg (6.67%), Vitamin B2: 0.08mg (4.96%), Phosphorus: 49.31mg (4.93%), Vitamin K: 4.78µg (4.55%), Calcium: 42.18mg (4.22%), Vitamin B12: 0.18µg (2.98%), Magnesium: 11.47mg (2.87%), Vitamin D: 0.37µg (2.48%), Selenium: 1.65µg (2.36%), Potassium: 82.21mg (2.35%), Fiber: 0.56g (2.23%), Copper: 0.04mg (2.22%), Vitamin B5: 0.2mg (2.05%),

Zinc: 0.3mg (1.97%), Vitamin B6: 0.04mg (1.89%), Vitamin E: 0.27mg (1.79%), Vitamin B1: 0.03mg (1.76%), Iron: 0.21mg (1.14%), Vitamin B3: 0.21mg (1.03%)