



Granola-Whole Wheat Waffles with Double-Berry Sauce

 Vegetarian

READY IN



25 min.

SERVINGS



24

CALORIES



109 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 eggs
- ☐ 0.5 cup flour whole wheat
- ☐ 0.5 cup cereal
- ☐ 0.7 cup maple syrup
- ☐ 1.5 cups milk
- ☐ 0.7 cup raspberry jam
- ☐ 1 cup strawberries cut into fourths

- ☐ 6 oz strawberry yogurt yoplait® ()
- ☐ 3 tablespoons vegetable oil
- ☐ 1.5 cups frangelico
- ☐ 1.5 cups frangelico

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ waffle iron

Directions

- ☐ In 1 1/2-quart saucepan, heat syrup and jam to boiling, stirring occasionally. Stir in strawberries; remove from heat and keep warm.
- ☐ Heat waffle iron; grease with shortening if necessary (or spray with cooking spray before heating).
- ☐ In medium bowl, stir all waffle ingredients until blended.
- ☐ Pour batter by 2/3 cupfuls onto center of hot waffle iron; close lid.
- ☐ Bake 2 to 3 minutes or until steaming stops and waffle is golden brown. Carefully remove waffle.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:7.06, Glycemic Load:6.13, Inflammation Score:-1, Nutrition Score:3.6173913193786%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg

Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 109.35kcal (5.47%), Fat: 3.15g (4.84%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 18.65g (6.22%), Net Carbohydrates: 18.01g (6.55%), Sugar: 12.73g (14.14%), Cholesterol: 16.11mg (5.37%), Sodium: 19.68mg (0.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.87%), Manganese: 0.4mg (20.2%), Vitamin B2: 0.18mg (10.67%), Vitamin C: 4.36mg (5.29%), Selenium: 3.61µg (5.16%), Phosphorus: 47.82mg (4.78%), Calcium: 44.1mg (4.41%), Vitamin K: 3.47µg (3.31%), Magnesium: 11.04mg (2.76%), Potassium: 95.99mg (2.74%), Vitamin B1: 0.04mg (2.62%), Fiber: 0.64g (2.58%), Vitamin B12: 0.15µg (2.56%), Vitamin E: 0.33mg (2.2%), Zinc: 0.3mg (2.02%), Iron: 0.35mg (1.97%), Vitamin B6: 0.03mg (1.67%), Copper: 0.03mg (1.64%), Vitamin D: 0.24µg (1.61%), Folate: 6.17µg (1.54%), Vitamin B5: 0.15mg (1.52%)