



## Ham-and-Cheese Waffles

READY IN



45 min.

SERVINGS



12

CALORIES



348 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter melted (2 sticks)
- ☐ 1 cup buttermilk
- ☐ 3 large egg whites
- ☐ 3 large egg yolks
- ☐ 1.8 cups flour
- ☐ 1 cup thinly-cut strips of ham
- ☐ 1 teaspoon kosher salt

- ☐ 12 servings maple syrup
- ☐ 0.8 cup sharp cheddar shredded white
- ☐ 0.8 cup soda water
- ☐ 1 tablespoon sugar

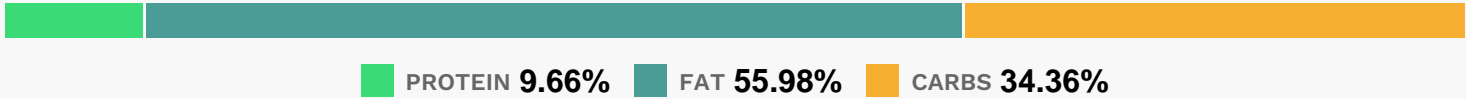
## Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ waffle iron

## Directions

- ☐ Preheat oven to 300°F.
- ☐ Heat waffle iron until very hot.
- ☐ Whisk 1 3/4 cups flour, 1 tablespoons sugar, 2 teaspoons baking powder, 1 teaspoon baking soda, and 1 teaspoon kosher salt in a large bowl. Using an electric mixer, beat 3 large egg whites in a medium bowl until medium-soft peaks form.
- ☐ Whisk 3 large egg yolks, 1 cup (2 sticks) melted butter, 1 cup buttermilk, and 3/4 cup soda water in a medium bowl; gradually whisk into dry ingredients. Fold in egg whites. Coat waffle iron with nonstick vegetable oil spray.
- ☐ Pour batter onto iron, spreading it into corners (amount of batter needed will vary according to machine). Scatter 1 rounded tablespoon thin strips of ham and 1 tablespoon shredded sharp white cheddar over each waffle. Cook until golden brown and cooked through.
- ☐ Transfer to a baking sheet; keep waffles warm in oven between batches.
- ☐ Serve with butter and warm maple syrup.

## Nutrition Facts



## Properties

Glycemic Index:31.8, Glycemic Load:16.2, Inflammation Score:-4, Nutrition Score:9.0543479193812%

Nutrients (% of daily need)

Calories: 347.73kcal (17.39%), Fat: 21.68g (33.36%), Saturated Fat: 12.59g (78.69%), Carbohydrates: 29.94g (9.98%), Net Carbohydrates: 29.45g (10.71%), Sugar: 14.12g (15.69%), Cholesterol: 103.07mg (34.36%), Sodium: 703.98mg (30.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.85%), Manganese: 0.59mg (29.57%), Vitamin B2: 0.5mg (29.45%), Selenium: 15.79µg (22.56%), Vitamin B1: 0.25mg (16.44%), Calcium: 148.93mg (14.89%), Phosphorus: 130.96mg (13.1%), Vitamin A: 637.78IU (12.76%), Folate: 43.29µg (10.82%), Vitamin B3: 1.65mg (8.26%), Zinc: 1.01mg (6.71%), Iron: 1.19mg (6.61%), Vitamin B12: 0.36µg (6.07%), Vitamin E: 0.67mg (4.46%), Potassium: 153.42mg (4.38%), Vitamin D: 0.61µg (4.09%), Magnesium: 16.17mg (4.04%), Vitamin B5: 0.4mg (4.02%), Vitamin B6: 0.08mg (4.01%), Copper: 0.05mg (2.48%), Fiber: 0.49g (1.97%), Vitamin K: 1.64µg (1.56%)