



Homemade Buttermilk Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



613 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups flour all-purpose
- 0.3 cup brown sugar packed
- 1 teaspoon baking soda
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon salt
- 3 large eggs separated room temperature
- 2 cups buttermilk room temperature

- 8 tablespoons butter unsalted melted plus more for waffle iron (1 stick)
- 1 vanilla pod split

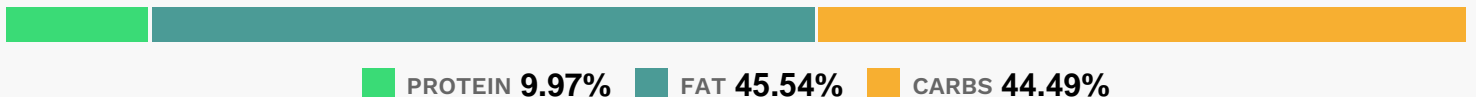
Equipment

- bowl
- baking sheet
- ladle
- oven
- whisk
- waffle iron

Directions

- Grease waffle iron with a small amount of melted butter, and heat. In a large bowl, sift together the flour, sugar, baking soda, baking powder, cinnamon, and salt.
- In a separate bowl, whisk together egg yolks, buttermilk, melted butter, and vanilla-bean scrapings.
- Pour into dry mixture, and combine.
- In a medium bowl, beat egg whites until stiff but not dry. Fold whites into batter.
- Ladle about 1/3 cup batter onto each section of the waffle grid; spread batter almost to the edges. Close lid, and bake 3 to 5 minutes, until no steam emerges from waffle iron.
- Transfer cooked waffles to a baking sheet; place in an oven set to low heat, about 200 degrees, while using remaining batter.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:36.7, Inflammation Score:-7, Nutrition Score:18.135652190074%

Nutrients (% of daily need)

Calories: 612.89kcal (30.64%), Fat: 31.05g (47.77%), Saturated Fat: 17.93g (112.09%), Carbohydrates: 68.25g (22.75%), Net Carbohydrates: 66.43g (24.16%), Sugar: 19.52g (21.69%), Cholesterol: 212.9mg (70.97%), Sodium: 910.74mg (39.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.3g (30.6%), Selenium: 37.6µg (53.71%), Vitamin B2: 0.7mg (40.95%), Vitamin B1: 0.56mg (37.57%), Folate: 138.99µg (34.75%), Phosphorus: 284.05mg (28.4%), Calcium: 277.33mg (27.73%), Manganese: 0.5mg (24.8%), Vitamin A: 1100.96IU (22.02%), Iron: 3.88mg (21.58%), Vitamin B3: 3.86mg (19.28%), Vitamin D: 2.73µg (18.2%), Vitamin B12: 0.93µg (15.56%), Vitamin B5: 1.35mg (13.54%), Zinc: 1.41mg (9.41%), Potassium: 307.07mg (8.77%), Magnesium: 32.61mg (8.15%), Copper: 0.16mg (7.96%), Vitamin E: 1.17mg (7.8%), Fiber: 1.82g (7.29%), Vitamin B6: 0.14mg (7.07%), Vitamin K: 2.7µg (2.57%)