



Lemon-Almond Waffles with Lemon Cream



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



319 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup whipping cream (heavy)
- ☐ 3 tablespoons powdered sugar
- ☐ 1 teaspoon lemon zest grated
- ☐ 3 ounces cream cheese softened
- ☐ 1.3 cups milk
- ☐ 2 tablespoons powdered sugar
- ☐ 2 tablespoons vegetable oil
- ☐ 2 teaspoons lemon zest grated

- ☐ 1 eggs
- ☐ 0.5 cup slivered almonds chopped
- ☐ 1 serving powdered sugar
- ☐ 1 serving slivered almonds toasted
- ☐ 2 cups frangelico

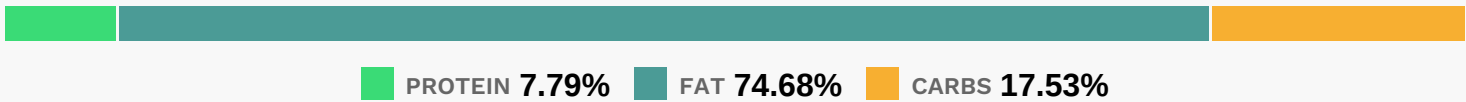
Equipment

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

Directions

- ☐ To make Lemon Cream, beat whipping cream, 3 tablespoons powdered sugar, 1 teaspoon lemon peel and the cream cheese in chilled small bowl with electric mixer on high speed just until soft and fluffy. Refrigerate while making waffles.
- ☐ Heat waffle iron; grease if necessary.
- ☐ Stir Bisquick mix, milk, 2 tablespoons powdered sugar, the oil, 2 teaspoons lemon peel and the egg in large bowl until blended. Stir in 1/2 cup chopped almonds.
- ☐ Pour batter by slightly less than 1 cupfuls onto center of hot waffle iron.
- ☐ Bake about 5 minutes or until steaming stops. Carefully remove waffle.
- ☐ Sprinkle waffles with powdered sugar and toasted almonds.
- ☐ Serve with Lemon Cream.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:1.26, Inflammation Score:-5, Nutrition Score:7.7695651987325%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 318.52kcal (15.93%), Fat: 27.16g (41.78%), Saturated Fat: 11.98g (74.9%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 13.08g (4.76%), Sugar: 12.3g (13.67%), Cholesterol: 81.72mg (27.24%), Sodium: 83.87mg (3.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.75%), Vitamin E: 3.22mg (21.46%), Vitamin B2: 0.3mg (17.86%), Vitamin A: 755.72IU (15.11%), Phosphorus: 145.92mg (14.59%), Calcium: 130.26mg (13.03%), Manganese: 0.22mg (10.79%), Vitamin K: 9.77µg (9.31%), Magnesium: 35.64mg (8.91%), Selenium: 5.82µg (8.32%), Vitamin D: 1.22µg (8.13%), Vitamin B12: 0.44µg (7.28%), Potassium: 207.38mg (5.93%), Copper: 0.11mg (5.38%), Vitamin B5: 0.52mg (5.18%), Fiber: 1.25g (5.01%), Zinc: 0.75mg (4.99%), Vitamin B1: 0.06mg (4.13%), Vitamin B6: 0.08mg (3.91%), Iron: 0.53mg (2.93%), Folate: 10.08µg (2.52%), Vitamin B3: 0.43mg (2.15%), Vitamin C: 1.47mg (1.78%)