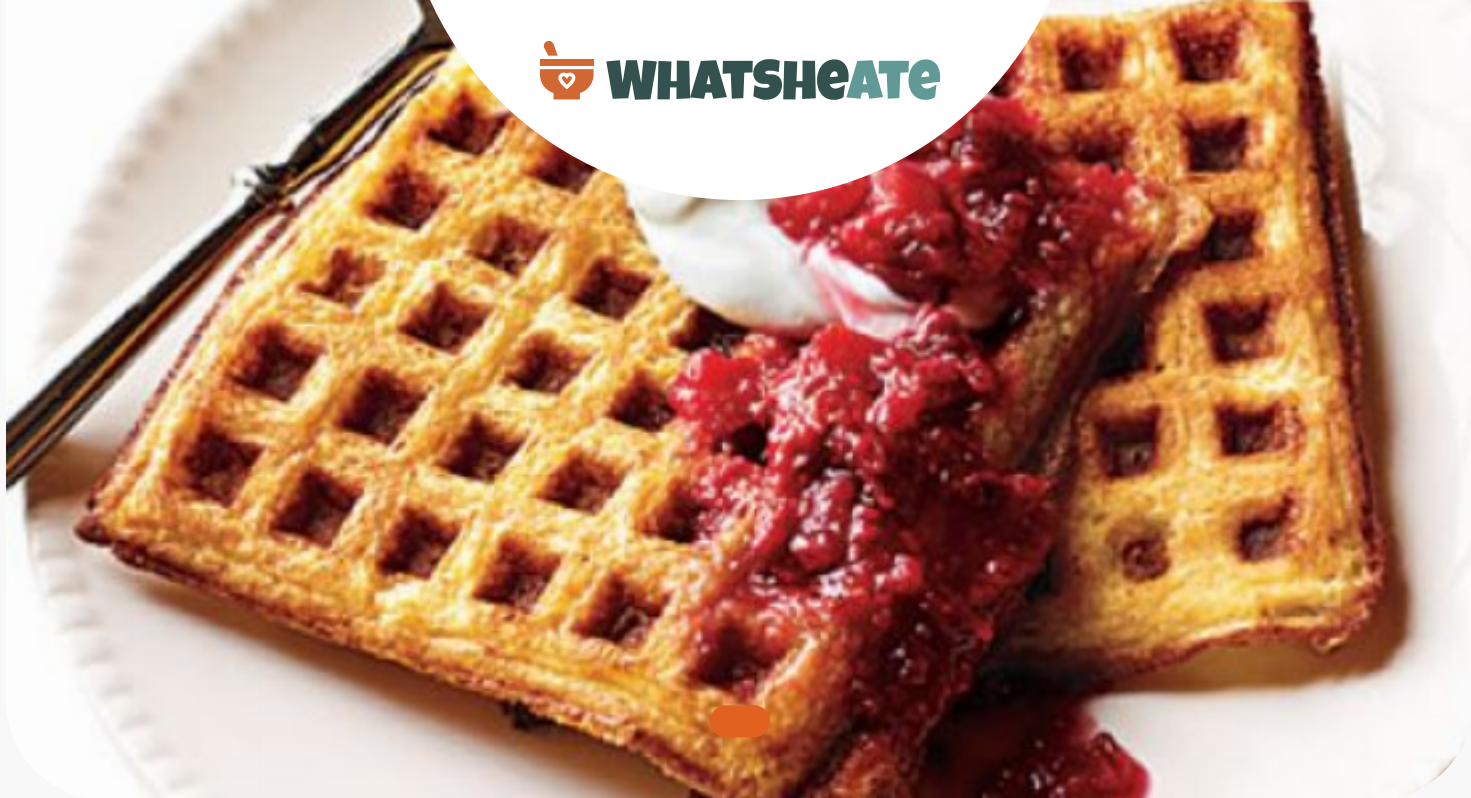




Lemon Cornmeal Waffles with Raspberry-Rhubarb Compote

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



337 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons baking powder reduced-sodium (such as Rumford)
- ☐ 0.5 teaspoon baking soda
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup greek yogurt plain fat-free
- ☐ 0.8 cup cornmeal red stone-ground (such as Bob's Mill)
- ☐ 2 tablespoons honey

- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 0.8 cup yogurt plain low-fat
- ☐ 2 tablespoons mascarpone cheese
- ☐ 12 ounce raspberries unsweetened frozen thawed undrained
- ☐ 16 ounce rhubarb frozen thawed sliced
- ☐ 0.8 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted melted
- ☐ 1 cup water boiling

Equipment

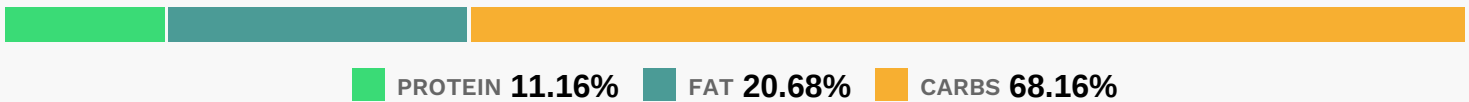
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ measuring cup
- ☐ waffle iron

Directions

- ☐ To prepare compote, combine first 3 ingredients in a medium saucepan over medium-high heat; bring to a boil. Cover and simmer 25 minutes or until rhubarb is tender and mixture thickens, stirring occasionally.
- ☐ Remove from heat, and keep warm.
- ☐ To prepare waffles, combine cornmeal and 1 cup boiling water in a large bowl.
- ☐ Let stand 20 minutes or until cooled to room temperature.

- ☐ Coat a waffle iron with cooking spray; preheat.
- ☐ Add eggs to cornmeal mixture; stir with a whisk to combine. Stir in butter, 2 teaspoons rind, and juice. Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 4 ingredients (through baking soda) in a bowl; stir to combine.
- ☐ Add flour mixture to cornmeal mixture.
- ☐ Combine low-fat yogurt and milk in a bowl; stir with a whisk until smooth.
- ☐ Add yogurt mixture to cornmeal mixture, stirring just until combined.
- ☐ Spoon about 1/4 cup batter per 4-inch waffle onto hot waffle iron, spreading batter to edges. Cook 3 to 5 minutes or until done; repeat procedure with remaining batter.
- ☐ To prepare topping, combine Greek yogurt and remaining ingredients in a small bowl; stir until smooth.
- ☐ Serve waffles with warm compote and yogurt topping.

Nutrition Facts



Properties

Glycemic Index:46.87, Glycemic Load:32.3, Inflammation Score:-5, Nutrition Score:13.318260752636%

Flavonoids

Cyanidin: 19.46mg, Cyanidin: 19.46mg, Cyanidin: 19.46mg, Cyanidin: 19.46mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 336.86kcal (16.84%), Fat: 7.93g (12.2%), Saturated Fat: 3.89g (24.34%), Carbohydrates: 58.79g (19.6%), Net Carbohydrates: 53.08g (19.3%), Sugar: 30.4g (33.77%), Cholesterol: 61.27mg (20.42%), Sodium: 415.49mg (18.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.63g (19.25%), Manganese: 0.62mg (30.83%), Phosphorus: 237.54mg (23.75%), Fiber: 5.71g (22.85%), Vitamin C: 17.45mg (21.15%), Calcium: 202.12mg (20.21%), Selenium: 13.93µg (19.9%), Vitamin K: 20.36µg (19.39%), Vitamin B2: 0.32mg (18.72%), Potassium: 518.27mg (14.81%), Vitamin B1: 0.22mg (14.55%), Folate: 57.68µg (14.42%), Magnesium: 45.61mg (11.4%), Iron: 1.97mg (10.92%), Vitamin B6: 0.19mg (9.26%), Zinc: 1.37mg (9.15%), Vitamin B3: 1.82mg (9.08%), Vitamin B5: 0.8mg (7.99%), Vitamin B12: 0.46µg (7.59%), Copper: 0.13mg (6.73%), Vitamin A: 307.27IU (6.15%), Vitamin E: 0.82mg (5.45%), Vitamin D: 0.3µg (2.02%)