



Lemon Cream Pie Waffles

READY IN



30 min.

SERVINGS



6

CALORIES



405 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 eggs
- 2 cups flour all-purpose
- 1.8 cups milk
- 0.5 cup vegetable oil
- 1 tablespoon granulated sugar
- 4 teaspoons double-acting baking powder
- 2 teaspoons lemon zest grated
- 0.3 teaspoon salt
- 1 serving powdered sugar

- 15.8 oz jell-o lemon flavor pudding & pie filling canned
- 1.5 cups non-dairy whipped topping frozen thawed (8-oz size)

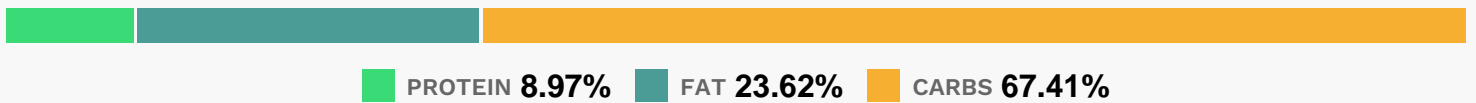
Equipment

- bowl
- oven
- whisk

Directions

- Heat waffle baker; grease with shortening if necessary (or spray with cooking spray before heating). In large bowl, beat eggs with hand beater or wire whisk until fluffy. Beat in remaining ingredients except powdered sugar, pie filling and whipped topping just until smooth.
- Pour about 1/2 cup batter from cup or pitcher onto center of hot waffle baker. (Waffle bakers vary in size; check manufacturer's directions for recommended amount of batter.) Close lid of waffle baker.
- Bake about 5 minutes or until steaming stops. Carefully remove waffle. Repeat with remaining batter.
- Sprinkle waffles with powdered sugar.
- Serve warm with dollops of pie filling and whipped topping.

Nutrition Facts



Properties

Glycemic Index:45.85, Glycemic Load:26.34, Inflammation Score:-4, Nutrition Score:11.203478201576%

Nutrients (% of daily need)

Calories: 404.54kcal (20.23%), Fat: 10.6g (16.3%), Saturated Fat: 4.52g (28.25%), Carbohydrates: 68.04g (22.68%), Net Carbohydrates: 66.84g (24.31%), Sugar: 32.25g (35.84%), Cholesterol: 76.13mg (25.38%), Sodium: 625.66mg (27.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.06g (18.12%), Selenium: 20.46µg (29.23%), Calcium: 272.99mg (27.3%), Vitamin B1: 0.38mg (25.13%), Vitamin B2: 0.39mg (22.89%), Phosphorus: 218.3mg (21.83%), Folate: 83.79µg (20.95%), Manganese: 0.29mg (14.59%), Iron: 2.51mg (13.95%), Vitamin B3: 2.57mg (12.84%), Vitamin B12: 0.55µg (9.21%), Vitamin K: 7.66µg (7.3%), Vitamin D: 1.08µg (7.17%), Vitamin B5: 0.67mg (6.75%),

Potassium: 192.2mg (5.49%), Magnesium: 21.6mg (5.4%), Zinc: 0.79mg (5.29%), Fiber: 1.2g (4.8%), Vitamin B6: 0.09mg (4.58%), Vitamin A: 208.7IU (4.17%), Vitamin E: 0.61mg (4.05%), Copper: 0.07mg (3.72%), Vitamin C: 0.86mg (1.04%)