



Lemon-Poppy Seed Belgian Waffles



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



294 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoons poppy seeds
- ☐ 1 tablespoon lemon zest grated
- ☐ 1.3 cups seltzer water cold
- ☐ 1 eggs
- ☐ 0.3 cup butter melted
- ☐ 0.5 cup maple syrup
- ☐ 12 oz blueberries frozen thawed
- ☐ 1 teaspoon lemon zest grated

- ☐ 2 teaspoons juice of lemon
- ☐ 1 serving crème fraîche
- ☐ 2 cups frangelico

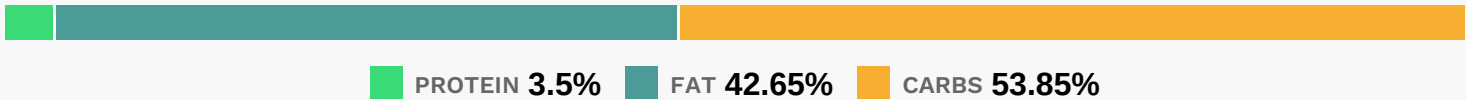
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ waffle iron

Directions

- ☐ In medium bowl, stir Bisquick mix, poppy seed and 1 tablespoon lemon peel. In small bowl, mix club soda, egg and butter with whisk; gently stir into Bisquick mixture with fork or whisk (mixture will be lumpy).
- ☐ Let stand 3 minutes.
- ☐ Heat Belgian waffle maker; brush with vegetable oil. For each waffle, pour 3/4 to 1 cup batter onto center of hot waffle maker. Close lid; bake about 5 minutes or until steaming stops and waffles are golden brown.
- ☐ Meanwhile, in medium bowl, mix syrup, blueberries, 1 teaspoon lemon peel and the lemon juice.
- ☐ Serve waffles with blueberry–maple syrup and crème fraîche.

Nutrition Facts



Properties

Glycemic Index:32.88, Glycemic Load:14.03, Inflammation Score:-5, Nutrition Score:10.089999862339%

Flavonoids

Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg Petunidin: 26.82mg, Petunidin: 26.82mg, Petunidin: 26.82mg, Petunidin: 26.82mg Delphinidin: 30.13mg, Delphinidin: 30.13mg, Delphinidin: 30.13mg, Delphinidin: 30.13mg Malvidin: 57.48mg, Malvidin: 57.48mg, Malvidin: 57.48mg, Malvidin: 57.48mg Peonidin:

17.26mg, Peonidin: 17.26mg, Peonidin: 17.26mg, Peonidin: 17.26mg Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 293.85kcal (14.69%), Fat: 14.36g (22.1%), Saturated Fat: 8.07g (50.42%), Carbohydrates: 40.8g (13.6%), Net Carbohydrates: 38.11g (13.86%), Sugar: 32.95g (36.62%), Cholesterol: 73.19mg (24.4%), Sodium: 128.5mg (5.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.31%), Manganese: 1.37mg (68.34%), Vitamin B2: 0.61mg (35.91%), Vitamin K: 17.49µg (16.65%), Vitamin C: 11.85mg (14.36%), Fiber: 2.7g (10.8%), Calcium: 100.45mg (10.05%), Vitamin A: 479.71IU (9.59%), Vitamin E: 0.99mg (6.6%), Magnesium: 24.46mg (6.11%), Potassium: 201.82mg (5.77%), Phosphorus: 57.69mg (5.77%), Selenium: 4.04µg (5.76%), Vitamin B1: 0.08mg (5.65%), Zinc: 0.84mg (5.6%), Copper: 0.1mg (5.01%), Iron: 0.72mg (4.03%), Vitamin B6: 0.07mg (3.74%), Folate: 13.48µg (3.37%), Vitamin B5: 0.32mg (3.17%), Vitamin B3: 0.44mg (2.18%), Vitamin B12: 0.13µg (2.14%), Vitamin D: 0.22µg (1.47%)