



## Lemon-Poppy Seed Belgian Waffles

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



312 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 12 oz blueberries frozen thawed
- 0.3 cup butter melted
- 1.3 cups seltzer water cold
- 4 servings crèpe fraîche
- 1 eggs
- 2 teaspoons juice of lemon
- 1 tablespoon lemon zest grated
- 1 teaspoon lemon zest grated

- 0.5 cup maple syrup
- 1 tablespoons poppy seeds
- 2 cups frangelico
- 2 cups frangelico

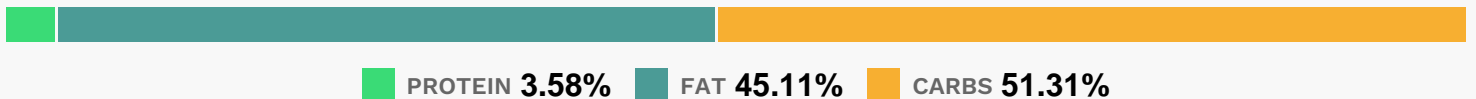
## Equipment

- 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 crme frache.

## Nutrition Facts



## Properties

Glycemic Index:32.88, Glycemic Load:14.03, Inflammation Score:-5, Nutrition Score:10.373913049698%

## 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, 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, 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: 311.67kcal (15.58%), Fat: 16.11g (24.78%), Saturated Fat: 8.98g (56.1%), Carbohydrates: 41.22g (13.74%), Net Carbohydrates: 38.52g (14.01%), Sugar: 33.26g (36.96%), Cholesterol: 78.5mg (26.17%), Sodium: 131.29mg (5.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Manganese: 1.37mg (68.39%), Vitamin B2: 0.63mg (36.8%), Vitamin K: 17.62µg (16.78%), Vitamin C: 11.93mg (14.46%), Calcium: 109.54mg (10.95%), Fiber: 2.7g (10.8%), Vitamin A: 535.78IU (10.72%), Vitamin E: 1.02mg (6.82%), Phosphorus: 64.53mg (6.45%), Magnesium: 25.36mg (6.34%), Selenium: 4.37µg (6.24%), Potassium: 213.07mg (6.09%), Zinc: 0.87mg (5.8%), Vitamin B1: 0.09mg (5.77%), Copper: 0.1mg (5.09%), Iron: 0.73mg (4.06%), Vitamin B6: 0.08mg (3.92%), Folate: 14.02µg (3.51%), Vitamin B5: 0.35mg (3.47%), Vitamin B12: 0.15µg (2.45%), Vitamin B3: 0.44mg (2.22%), Vitamin D: 0.22µg (1.47%)