



WHATSheATE



Lemon-Poppy Seed Belgian Waffles with Blackberry Maple Syrup



Vegetarian



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



443 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups baking mix all-purpose
- ☐ 0.3 cup butter melted
- ☐ 1.3 cups seltzer water cold
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon lemon zest
- ☐ 4 servings maple syrup
- ☐ 4 servings mint leaves fresh

☐ 1 Tbsp poppy seeds

Equipment

☐ bowl

☐ frying pan

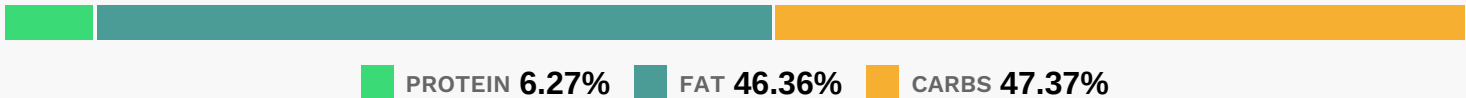
☐ whisk

☐ waffle iron

Directions

- ☐ Stir together baking mix, poppy seeds, and lemon zest.
- ☐ Whisk together club soda, egg, and butter in a small bowl; gently whisk egg mixture into poppy seed mixture. (
- ☐ Mixture will be lumpy.)
- ☐ Let stand 3 minutes.
- ☐ Cook batter in a preheated, oiled Belgian-style waffle iron until golden (about 3/4 to 1 cup batter each).
- ☐ Serve with Blackberry Maple Syrup and, if desired, crme frache.
- ☐ Garnish, if desired.
- ☐ Note: If you don't have a Belgian-style waffle iron, use 1/2 cup batter for each waffle in a traditional waffle iron.
- ☐ Try This Twist!
- ☐ Lemon-Poppy Seed Pancakes: Prepare batter as directed.
- ☐ Pour about 1/4 cup batter for each pancake onto a hot, lightly greased griddle or large nonstick skillet. Cook pancakes 3 to 4 minutes or until tops are covered with bubbles and edges look dry and cooked; turn and cook other side.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:4.93, Inflammation Score:-5, Nutrition Score:12.757826032846%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 443.35kcal (22.17%), Fat: 22.86g (35.17%), Saturated Fat: 10.16g (63.53%), Carbohydrates: 52.56g (17.52%), Net Carbohydrates: 50.63g (18.41%), Sugar: 19.16g (21.29%), Cholesterol: 78.2mg (26.07%), Sodium: 892.87mg (38.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.9%), Manganese: 0.83mg (41.38%), Phosphorus: 399.2mg (39.92%), Vitamin B2: 0.58mg (34.37%), Vitamin B1: 0.38mg (25.63%), Folate: 84.44µg (21.11%), Calcium: 179.38mg (17.94%), Vitamin B3: 2.8mg (14%), Selenium: 8.79µg (12.55%), Iron: 2.19mg (12.17%), Vitamin A: 467.68IU (9.35%), Fiber: 1.93g (7.71%), Magnesium: 30.38mg (7.6%), Vitamin B5: 0.75mg (7.53%), Copper: 0.15mg (7.32%), Zinc: 0.94mg (6.24%), Vitamin B12: 0.37µg (6.16%), Potassium: 188.84mg (5.4%), Vitamin K: 4.93µg (4.7%), Vitamin E: 0.58mg (3.87%), Vitamin B6: 0.08mg (3.83%), Vitamin C: 2.45mg (2.98%), Vitamin D: 0.25µg (1.67%)