



Lemon-Poppy Seed Waffles

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



128 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups complete seasoning (from 28.3-oz box)
- 2 tablespoons sugar
- 1 tablespoon poppy seeds
- 1 cup water cold
- 1 tablespoon lemon zest grated
- 0.3 cup juice of lemon fresh
- 12 oz vanilla yogurt light fat free yoplait®
- 1 serving fruit fresh

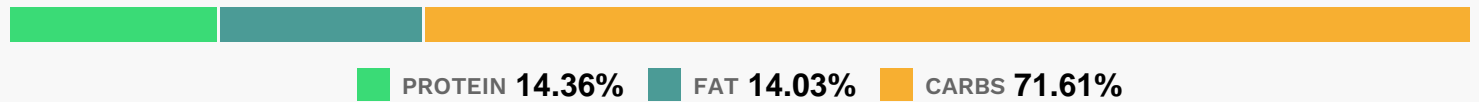
Equipment

- bowl
- oven
- whisk
- waffle iron

Directions

- Heat waffle maker. Grease with vegetable oil or shortening.
- In medium bowl, stir pancake mix, sugar, poppy seed, water, lemon peel and lemon juice with fork or wire whisk until smooth.
- Pour batter onto center of waffle maker.
- Bake about 5 minutes or until steaming stops.
- Serve waffles topped with yogurt and fruit.

Nutrition Facts



Properties

Glycemic Index:18.77, Glycemic Load:4.2, Inflammation Score:-2, Nutrition Score:5.590000004872%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 128.15kcal (6.41%), Fat: 2.09g (3.21%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 23.98g (7.99%), Net Carbohydrates: 22.86g (8.31%), Sugar: 21.57g (23.97%), Cholesterol: 4.25mg (1.42%), Sodium: 10707.92mg (465.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Calcium: 184.03mg (18.4%), Phosphorus: 139.35mg (13.93%), Vitamin C: 9.19mg (11.14%), Vitamin B2: 0.18mg (10.88%), Manganese: 0.16mg (8.22%), Vitamin B12: 0.45µg (7.51%), Potassium: 247.03mg (7.06%), Selenium: 4.53µg (6.48%), Zinc: 0.93mg (6.19%), Magnesium: 24.63mg (6.16%), Vitamin B5: 0.51mg (5.14%), Fiber: 1.12g (4.47%), Vitamin B1: 0.06mg (4.2%), Copper: 0.08mg (4.18%), Folate: 15.04µg (3.76%), Vitamin B6: 0.06mg (2.91%), Vitamin A: 127.7IU (2.55%), Iron:

0.4mg (2.21%), Vitamin K: 1.45µg (1.38%), Vitamin B3: 0.25mg (1.24%)