



Lemon Waffle Sandwiches with Lemon Curd and Fresh Berries

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 eggs
- ☐ 1.3 cups milk
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons granulated sugar
- ☐ 0.5 cup lemon curd

- ☐ 0.5 cup raspberries fresh
- ☐ 0.5 cup blackberries fresh
- ☐ 1 serving powdered sugar
- ☐ 2 cups frangelico

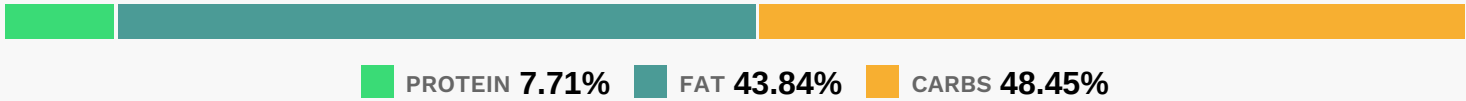
Equipment

- ☐ bowl
- ☐ oven
- ☐ waffle iron

Directions

- ☐ Heat waffle maker; grease with vegetable oil or shortening. In large bowl, stir together Bisquick mix, egg, milk, lemon peel, lemon juice, 2 tablespoons oil and the granulated sugar until smooth.
- ☐ Pour batter onto center of hot waffle maker. (Check manufacturer’s directions for recommended amount of batter.) Close lid of waffle maker.
- ☐ Bake about 5 minutes or until steaming stops. Carefully remove waffle; cover to keep warm. Repeat with remaining batter.
- ☐ To serve, place each waffle on a plate; spread with 1 tablespoon lemon curd.
- ☐ Sprinkle berries evenly on half of each waffle; fold other half of waffle over berries.
- ☐ Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:19.89, Glycemic Load:3.02, Inflammation Score:-2, Nutrition Score:3.421304371046%

Flavonoids

Cyanidin: 12.43mg, Cyanidin: 12.43mg, Cyanidin: 12.43mg, Cyanidin: 12.43mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg,

Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 133.79kcal (6.69%), Fat: 6.64g (10.21%), Saturated Fat: 2.28g (14.28%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 15.47g (5.62%), Sugar: 15.3g (17%), Cholesterol: 25.34mg (8.45%), Sodium: 65.91mg (2.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.25%), Vitamin K: 8.76µg (8.34%), Vitamin C: 5.63mg (6.82%), Calcium: 58.19mg (5.82%), Phosphorus: 56.45mg (5.64%), Manganese: 0.11mg (5.61%), Vitamin B2: 0.09mg (5.17%), Vitamin B12: 0.27µg (4.48%), Fiber: 1.03g (4.12%), Vitamin D: 0.56µg (3.72%), Selenium: 2.54µg (3.63%), Vitamin E: 0.53mg (3.55%), Vitamin B5: 0.29mg (2.91%), Potassium: 98.84mg (2.82%), Vitamin A: 117.67IU (2.35%), Magnesium: 9.25mg (2.31%), Vitamin B6: 0.04mg (2.16%), Zinc: 0.32mg (2.13%), Vitamin B1: 0.03mg (2.01%), Folate: 7.19µg (1.8%), Copper: 0.03mg (1.35%), Iron: 0.21mg (1.18%)