



Liege Belgian Waffles with Pearl Sugar

 Vegetarian

READY IN



80 min.

SERVINGS



10

CALORIES



474 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 1 cup butter melted
- ☐ 3 eggs
- ☐ 3 cups flour
- ☐ 0.8 cup milk lukewarm
- ☐ 1.5 cups pearl sugar own® (such as Lars')
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vanilla extract

☐

1.5 tablespoons sugar white

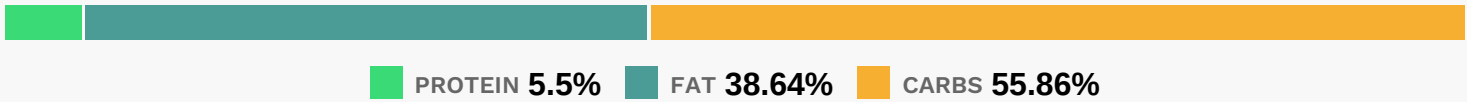
Equipment

- ☐ bowl
- ☐ whisk
- ☐ waffle iron

Directions

- ☐ Sprinkle the yeast and white sugar over warm milk in a small bowl. The milk should be no more than 100 degrees F (40 degrees C).
- ☐ Let stand for 15 minutes until the yeast softens and begins to form a creamy foam.
- ☐ Whisk the eggs, melted butter, and vanilla extract into the yeast mixture until evenly blended; set aside. Stir together the flour and salt in a separate large bowl, and make a well in the center.
- ☐ Pour the egg mixture into the well, then stir in the flour mixture until a soft dough forms. Cover with a light cloth and let rise in a warm place (80 to 95 degrees F (27 to 35 degrees C)) until doubled in volume, about 30 minutes. Gently mix in the pearl sugar.
- ☐ Preheat a waffle iron according to manufacturer's instructions.
- ☐ Place a baseball-size ball of dough on the preheated waffle iron. Cook waffles until golden and crisp, about 2 minutes. Repeat with remaining dough. Allow waffles to cool for 2 to 3 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:23.31, Glycemic Load:22.29, Inflammation Score:-5, Nutrition Score:8.5439131259918%

Nutrients (% of daily need)

Calories: 473.73kcal (23.69%), Fat: 20.68g (31.81%), Saturated Fat: 12.49g (78.04%), Carbohydrates: 67.25g (22.42%), Net Carbohydrates: 66.05g (24.02%), Sugar: 38.43g (42.7%), Cholesterol: 100.11mg (33.37%), Sodium: 289.13mg (12.57%), Alcohol: 0.28g (100%), Alcohol %: 0.27% (100%), Protein: 6.62g (13.23%), Vitamin B1: 0.39mg (25.94%), Selenium: 17.41µg (24.87%), Folate: 92.09µg (23.02%), Vitamin B2: 0.31mg (18.12%), Vitamin A: 668.2IU

(13.36%), Manganese: 0.26mg (13.23%), Vitamin B3: 2.54mg (12.7%), Iron: 1.99mg (11.08%), Phosphorus: 95.13mg (9.51%), Vitamin B5: 0.56mg (5.56%), Fiber: 1.2g (4.81%), Vitamin E: 0.7mg (4.65%), Vitamin B12: 0.26µg (4.26%), Calcium: 41.36mg (4.14%), Zinc: 0.59mg (3.91%), Copper: 0.07mg (3.38%), Magnesium: 12.97mg (3.24%), Vitamin D: 0.47µg (3.1%), Vitamin B6: 0.06mg (3.08%), Potassium: 99.25mg (2.84%), Vitamin K: 1.8µg (1.71%)