



Liege Waffles

 Vegetarian

READY IN

ready

179 min.

SERVINGS

servings

48

CALORIES

calories

481 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.8 pounds butter very cold cut into large dice
- ☐ 0.3 pound yeast dry
- ☐ 10 large eggs
- ☐ 5 pounds flour all-purpose
- ☐ 1.3 pounds r honey
- ☐ 1.5 pounds pearl sugar raw white crushed or use or sugar in the sugar cubes that have been coarsely
- ☐ 2 tablespoons salt fine
- ☐ 1 vanilla pod

- ☐ 2 tablespoons vanilla extract pure
- ☐ 2 cups milk whole

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ whisk
- ☐ blender
- ☐ waffle iron

Directions

- ☐ Special equipment: Good quality waffle iron with adjustable settings and that turns upside down, preferably cast iron.
- ☐ Put the flour in the bowl of a standing mixer fitted with a dough hook.
- ☐ Whisk together the eggs, and then add the milk, vanilla extract, vanilla seeds and honey in a large bowl.
- ☐ Add the mixture to the flour and mix for 1 minute.
- ☐ Add the yeast and continue to mix until the dough becomes smooth, about 5 minutes.
- ☐ Begin adding the butter, at low speed, piece by piece and continue mixing until it's incorporated into the dough.
- ☐ Add the salt, increase the speed to high and continue mixing until the dough becomes a shiny solid mass and totally pulls away from the bottom and sides of the bowl, 10 to 15 minutes. The dough needs to be very elastic, you shouldn't be able to break the dough when pulled.
- ☐ Add the sugar and mix until it is just incorporated, about 1 minute.
- ☐ Line baking sheets with parchment paper. Divide the dough into 48 even pieces, roll into balls, place on the parchment, cover with clean cotton towels and let rise in a warm area until almost tripled in size, anywhere from 1 1/2 to 3 hours.
- ☐ Heat the waffle iron to 400 degrees F. Lightly spray the waffle iron with nonstick spray or brush with melted butter. Cook the waffles until golden brown, about 2 minutes per side.

Nutrition Facts



PROTEIN 6.39% **FAT 42.8%** **CARBS 50.81%**

Properties

Glycemic Index:4.48, Glycemic Load:31.35, Inflammation Score:-6, Nutrition Score:11.284347806936%

Nutrients (% of daily need)

Calories: 481.26kcal (24.06%), Fat: 23.05g (35.46%), Saturated Fat: 13.97g (87.31%), Carbohydrates: 61.57g (20.52%), Net Carbohydrates: 59.63g (21.69%), Sugar: 24.5g (27.22%), Cholesterol: 95.84mg (31.95%), Sodium: 479.53mg (20.85%), Alcohol: 0.19g (100%), Alcohol %: 0.19% (100%), Protein: 7.74g (15.48%), Vitamin B1: 0.64mg (42.8%), Folate: 147.66µg (36.91%), Selenium: 19.95µg (28.5%), Vitamin B2: 0.4mg (23.73%), Vitamin B3: 3.79mg (18.93%), Manganese: 0.35mg (17.54%), Vitamin A: 722.14IU (14.44%), Iron: 2.54mg (14.09%), Phosphorus: 103.86mg (10.39%), Fiber: 1.93g (7.74%), Vitamin B5: 0.76mg (7.6%), Zinc: 0.75mg (5%), Vitamin E: 0.75mg (4.97%), Copper: 0.09mg (4.6%), Vitamin B6: 0.08mg (4.19%), Magnesium: 15.25mg (3.81%), Calcium: 35.02mg (3.5%), Potassium: 120.09mg (3.43%), Vitamin B12: 0.19µg (3.22%), Vitamin D: 0.32µg (2.13%), Vitamin K: 2.03µg (1.94%)