



Make-Ahead Waffle Batter

READY IN



45 min.

SERVINGS



12

CALORIES



183 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup butter melted
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 cups warm milk (105° to 115°)
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup warm water (105° to 115°)

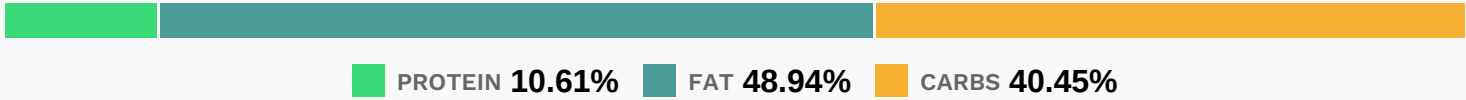
Equipment

- ☐ whisk
- ☐ mixing bowl
- ☐ measuring cup
- ☐ waffle iron

Directions

- ☐ Combine yeast and 1/2 cup water in a glass measuring cup; let stand 5 minutes.
- ☐ Combine yeast mixture, milk, and next 3 ingredients in a large mixing bowl.
- ☐ Add flour, stirring until smooth. Cover and chill 8 hours.
- ☐ Whisk in eggs and baking soda.Prepare in a waffle iron according to manufacturers directions. I used my little Cuisinart and made each waffle with approximately 1/3 cup of batter. It's thin, so if you're using a small waffle iron, pour it on slowly. Makes about 12 waffles (but varies, depending on size of waffle maker).

Nutrition Facts



Properties

Glycemic Index:15.26, Glycemic Load:12.46, Inflammation Score:-4, Nutrition Score:5.9800000287107%

Nutrients (% of daily need)

Calories: 183.36kcal (9.17%), Fat: 9.96g (15.32%), Saturated Fat: 2.63g (16.47%), Carbohydrates: 18.52g (6.17%), Net Carbohydrates: 17.8g (6.47%), Sugar: 2.38g (2.64%), Cholesterol: 35.88mg (11.96%), Sodium: 334.28mg (14.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Vitamin B1: 0.26mg (17.04%), Selenium: 10.44µg (14.92%), Folate: 55.96µg (13.99%), Vitamin B2: 0.22mg (13.19%), Vitamin A: 449.2IU (8.98%), Phosphorus: 86.01mg (8.6%), Vitamin B3: 1.52mg (7.59%), Manganese: 0.15mg (7.42%), Iron: 1.13mg (6.26%), Calcium: 61.25mg (6.12%), Vitamin B12: 0.3µg (5.06%), Vitamin B5: 0.46mg (4.58%), Vitamin D: 0.61µg (4.09%), Zinc: 0.47mg (3.12%), Potassium: 104.45mg (2.98%), Fiber: 0.72g (2.89%), Vitamin B6: 0.06mg (2.89%), Magnesium: 11.17mg (2.79%), Vitamin E: 0.41mg (2.76%), Copper: 0.04mg (2.04%)