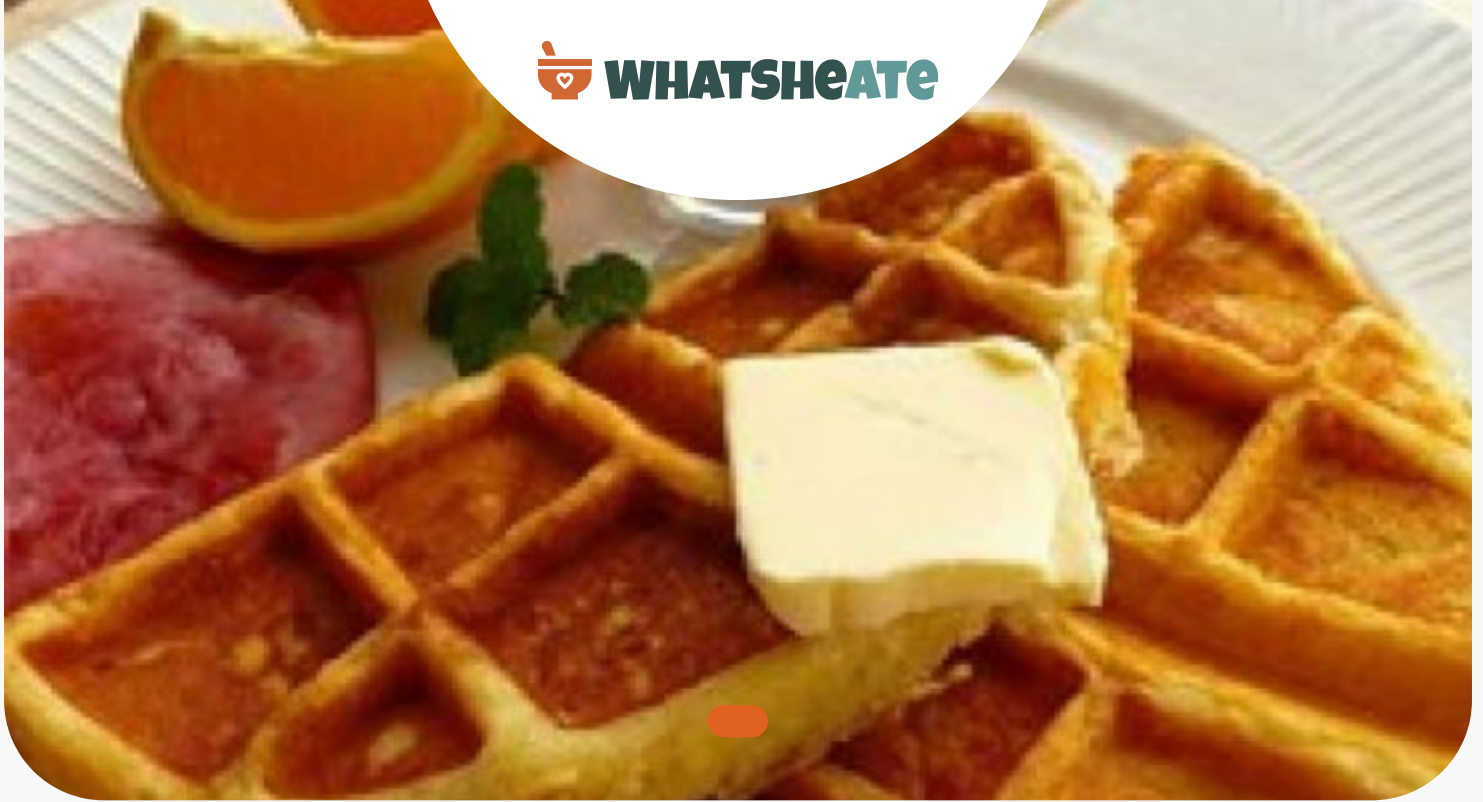




Malted Milk Waffles

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



353 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 1.3 cups buttermilk
- ☐ 2 eggs separated
- ☐ 0.3 cup liquid malt extract
- ☐ 2.5 cups buttermilk pancake mix
- ☐ 2 tablespoons sugar white

Equipment

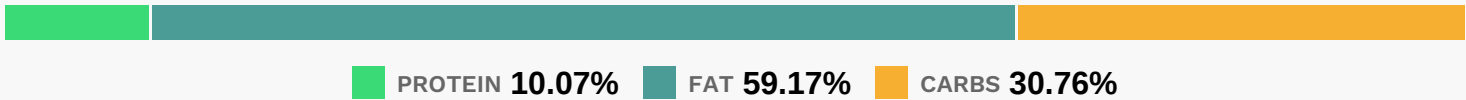
- ☐ bowl

☐ waffle iron

Directions

- ☐ In a large bowl, stir together malted milk powder, pancake mix and white sugar. In a separate bowl, beat egg whites until stiff peaks form; set aside.
- ☐ Add egg yolks, buttermilk and butter to dry ingredients; mix well. Fold in egg whites.
- ☐ Spray preheated waffle iron with non-stick cooking spray.
- ☐ Pour batter onto hot waffle iron. Cook until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:25.18, Glycemic Load:3.6, Inflammation Score:-5, Nutrition Score:9.0413043136182%

Nutrients (% of daily need)

Calories: 352.88kcal (17.64%), Fat: 23.35g (35.92%), Saturated Fat: 12.63g (78.96%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 26.27g (9.55%), Sugar: 9.97g (11.07%), Cholesterol: 141.22mg (47.07%), Sodium: 500.17mg (21.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.94g (17.88%), Phosphorus: 273.32mg (27.33%), Vitamin B2: 0.4mg (23.43%), Calcium: 211.28mg (21.13%), Selenium: 13.14µg (18.77%), Vitamin A: 790.9IU (15.82%), Vitamin B1: 0.18mg (11.72%), Vitamin B12: 0.65µg (10.8%), Folate: 32.82µg (8.21%), Vitamin B5: 0.77mg (7.66%), Potassium: 257.29mg (7.35%), Vitamin D: 0.99µg (6.58%), Vitamin B6: 0.13mg (6.5%), Magnesium: 25.85mg (6.46%), Zinc: 0.88mg (5.9%), Iron: 1.03mg (5.73%), Vitamin B3: 1.1mg (5.49%), Manganese: 0.1mg (4.93%), Vitamin E: 0.66mg (4.37%), Fiber: 1.04g (4.14%), Copper: 0.06mg (3.18%), Vitamin K: 1.9µg (1.81%)