



Maple-Bacon Waffle Bake

 Gluten Free

READY IN



145 min.

SERVINGS



8

CALORIES



512 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 eggo homestyle waffles (8 cups total)
- ☐ 6 egg yolk
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups milk
- ☐ 1 cup whipping cream
- ☐ 0.5 cup maple syrup
- ☐ 1 teaspoon vanilla
- ☐ 12 oz bacon cooked chopped

☐ 1 tablespoon butter unsalted melted

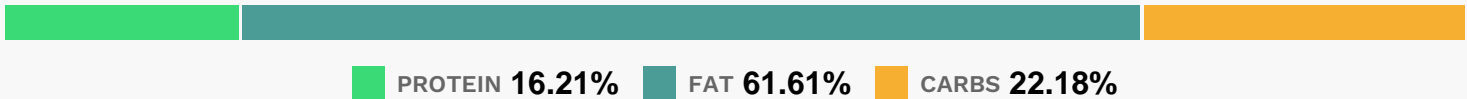
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Lightly grease 10x6-inch (1 1/2-quart) glass baking dish with shortening or cooking spray.
- ☐ Spread waffle pieces in even layer on ungreased cookie sheet.
- ☐ Bake 15 minutes or until crisp.
- ☐ Increase oven temperature to 375°F. In large bowl, beat egg yolks, salt, milk, whipping cream, maple syrup and vanilla with whisk until well combined. Carefully stir in waffle pieces and bacon until evenly coated.
- ☐ Let stand at room temperature 30 minutes to 1 hour, stirring every 10 to 15 minutes.
- ☐ Pour mixture into baking dish; press down with back of spoon. Cover tightly with foil.
- ☐ Bake 50 to 60 minutes, removing foil during last 10 minutes of baking, until knife inserted in center comes out clean.
- ☐ Brush top with melted butter.
- ☐ Cut into squares; serve warm.

Nutrition Facts



Properties

Glycemic Index:9.31, Glycemic Load:5.76, Inflammation Score:-6, Nutrition Score:16.873913110598%

Nutrients (% of daily need)

Calories: 512.38kcal (25.62%), Fat: 34.9g (53.69%), Saturated Fat: 15.67g (97.92%), Carbohydrates: 28.26g (9.42%), Net Carbohydrates: 27.95g (10.16%), Sugar: 15.98g (17.75%), Cholesterol: 237.59mg (79.2%), Sodium: 1047.52mg (45.54%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 20.66g (41.31%), Selenium: 30.9µg (44.14%), Vitamin B2: 0.68mg (40.13%), Phosphorus: 363.72mg (36.37%), Vitamin B3: 6.16mg (30.78%), Vitamin B1: 0.43mg (28.42%), Vitamin B12: 1.5µg (24.95%), Manganese: 0.48mg (24.17%), Vitamin B6: 0.47mg (23.67%), Vitamin A: 1164.84IU (23.3%), Calcium: 181.4mg (18.14%), Zinc: 2.15mg (14.3%), Iron: 2.56mg (14.22%), Vitamin D: 1.93µg (12.87%), Vitamin B5: 1.13mg (11.27%), Potassium: 392.84mg (11.22%), Folate: 44.58µg (11.14%), Magnesium: 30.22mg (7.55%), Vitamin E: 0.86mg (5.76%), Copper: 0.06mg (2.98%), Fiber: 0.31g (1.26%), Vitamin K: 1.31µg (1.24%)