



## Maple-Bacon Waffles

READY IN



70 min.

SERVINGS



10

CALORIES



278 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 6 oz bacon
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 1.3 cups buttermilk
- ☐ 4 tablespoons canola oil
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 6 tablespoons maple syrup
- ☐ 0.3 teaspoon salt

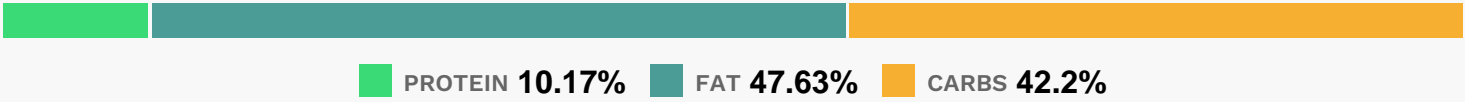
# Equipment

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

# Directions

- ☐ Preheat oven to 375F; line a rimmed baking sheet with parchment paper.
- ☐ Lay bacon on sheet and brush both sides with 2 Tbsp. maple syrup.
- ☐ Bake, turning once, until crisp and browned, 20 to 25 minutes. Discard fat; lower oven temperature to 200F. Coarsely chop bacon.
- ☐ In a large bowl, mix flour, baking powder, baking soda and salt. In a bowl, whisk buttermilk with 2 Tbsp. canola oil, eggs and remaining maple syrup. Stir buttermilk mixture into flour mixture. Fold in bacon.
- ☐ Preheat a 7-inch waffle iron.
- ☐ Brush with a bit of oil and add 1/2 cup batter. Cook until lightly browned and crisp, 6 minutes.
- ☐ Place waffle on a plate in oven; cook remaining waffles.
- ☐ Serve with additional maple syrup, if desired.

# Nutrition Facts



# Properties

Glycemic Index:23.45, Glycemic Load:17.34, Inflammation Score:-2, Nutrition Score:8.2295651021211%

# Nutrients (% of daily need)

Calories: 278.19kcal (13.91%), Fat: 14.61g (22.47%), Saturated Fat: 3.63g (22.71%), Carbohydrates: 29.13g (9.71%), Net Carbohydrates: 28.45g (10.35%), Sugar: 8.86g (9.84%), Cholesterol: 51.95mg (17.32%), Sodium: 344.6mg (14.98%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.03%), Selenium: 16.15µg (23.07%), Vitamin B2: 0.39mg (22.97%), Manganese: 0.45mg (22.63%), Vitamin B1: 0.27mg (18.01%), Folate: 52.05µg (13.01%), Vitamin B3: 2.21mg (11.03%), Phosphorus: 107.26mg (10.73%), Calcium: 83.62mg (8.36%), Iron: 1.47mg (8.18%), Vitamin E: 1.2mg (7.97%), Vitamin B12: 0.32µg (5.35%), Vitamin B5: 0.48mg (4.79%), Zinc: 0.71mg (4.74%), Vitamin D: 0.68µg (4.56%), Vitamin B6: 0.08mg (4.24%), Potassium: 144.52mg (4.13%), Vitamin K: 4.19µg (3.99%), Magnesium: 14.57mg (3.64%), Copper: 0.06mg (2.92%), Fiber: 0.68g (2.7%), Vitamin A: 113.09IU (2.26%)