



Multigrain Malt Waffles

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



80 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 large eggs
- ☐ 0.7 cup milk 1% low-fat
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons walnut oil toasted
- ☐ 1 cup multigrain maltwaffle mix
- ☐ 1 cup multigrain maltwaffle mix

Equipment

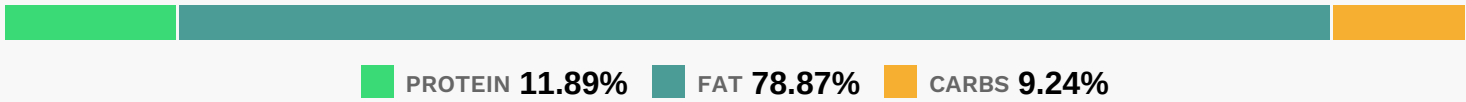
- ☐ bowl

- ☐ whisk
- ☐ waffle iron

Directions

- ☐ Coat a waffle iron with cooking spray; preheat.
- ☐ Place Multigrain Malt Waffle
- ☐ Mix in a bowl.
- ☐ Combine milk and remaining ingredients, stirring well with a whisk; add to waffle mix, stirring well.
- ☐ Let batter stand 5 minutes.
- ☐ Spoon about 1/3 cup batter per 4-inch waffle onto hot waffle iron, spreading batter to edges. Cook 5 minutes or until steaming stops; repeat procedure with remaining batter.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.0369565350854%

Nutrients (% of daily need)

Calories: 79.64kcal (3.98%), Fat: 6.85g (10.54%), Saturated Fat: 1g (6.26%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.81g (0.66%), Sugar: 1.7g (1.89%), Cholesterol: 38.77mg (12.92%), Sodium: 26.54mg (1.15%), Alcohol: 0.28g (100%), Alcohol %: 0.73% (100%), Protein: 2.32g (4.65%), Selenium: 3.73µg (5.33%), Vitamin B2: 0.09mg (5.32%), Phosphorus: 52.26mg (5.23%), Vitamin B12: 0.28µg (4.68%), Calcium: 45.34mg (4.53%), Vitamin D: 0.55µg (3.64%), Vitamin B5: 0.27mg (2.67%), Vitamin A: 115.67IU (2.31%), Potassium: 65.02mg (1.86%), Vitamin B6: 0.04mg (1.8%), Zinc: 0.27mg (1.77%), Vitamin B1: 0.02mg (1.47%), Folate: 5.33µg (1.33%), Magnesium: 5.07mg (1.27%)