



Multigrain Waffles



Vegetarian

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READY IN

ready

40 min.

SERVINGS

servings

8

CALORIES

calories

284 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups buttermilk
- ☐ 0.3 cup cornmeal
- ☐ 2 large eggs
- ☐ 8 servings yogurt and fruit preserves plain low-fat for topping, optional your favorite
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons brown sugar light packed

- ☐ 0.3 cup old-fashioned rolled oats
- ☐ 3 tablespoons vegetable oil plus more for brushing waffle iron
- ☐ 1 tablespoon wheat germ
- ☐ 1.5 cups pastry flour whole-wheat

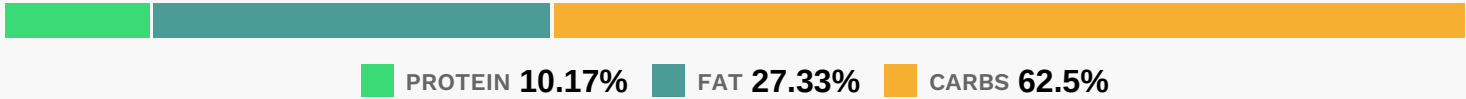
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ waffle iron

Directions

- ☐ Special equipment: Waffle iron
- ☐ Preheat a waffle iron to medium-high. Preheat the oven to 200 degrees F (to keep cooked waffles warm).
- ☐ Whisk together the flour, cornmeal, oats, wheat germ, if using, baking powder, salt and baking soda in a large bowl.
- ☐ Whisk together the buttermilk, oil, sugar and eggs in another bowl.
- ☐ Pour the buttermilk mixture into the flour mixture and gently stir until just incorporated (it's okay if there are some lumps).
- ☐ Lightly brush the top and bottom of the waffle iron with oil. Fill the waffle iron about three-quarters of the way full (some waffle iron should still be showing). Close the lid gently and cook until the waffles are golden brown and crisp, 6 to 7 minutes. Keep the cooked waffles warm in the oven or covered with foil on a plate while you make the remaining waffles.
- ☐ Top each waffle with yogurt and fruit preserves, if desired.

Nutrition Facts



Properties

Glycemic Index:28.94, Glycemic Load:3.68, Inflammation Score:-5, Nutrition Score:12.910869567291%

Nutrients (% of daily need)

Calories: 283.69kcal (14.18%), Fat: 8.98g (13.82%), Saturated Fat: 2.22g (13.9%), Carbohydrates: 46.22g (15.41%), Net Carbohydrates: 41.11g (14.95%), Sugar: 20.13g (22.37%), Cholesterol: 51.45mg (17.15%), Sodium: 538.15mg (23.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.05%), Manganese: 1.17mg (58.57%), Selenium: 21.04µg (30.06%), Phosphorus: 206.99mg (20.7%), Fiber: 5.12g (20.48%), Vitamin K: 15.49µg (14.75%), Calcium: 136.88mg (13.69%), Magnesium: 53.89mg (13.47%), Vitamin B1: 0.19mg (12.85%), Vitamin B2: 0.21mg (12.47%), Copper: 0.23mg (11.56%), Iron: 1.85mg (10.3%), Vitamin A: 501.64IU (10.03%), Vitamin B6: 0.19mg (9.53%), Vitamin B3: 1.83mg (9.16%), Zinc: 1.36mg (9.05%), Potassium: 302.69mg (8.65%), Vitamin B5: 0.63mg (6.26%), Folate: 24.87µg (6.22%), Vitamin D: 0.83µg (5.57%), Vitamin B12: 0.32µg (5.3%), Vitamin E: 0.77mg (5.12%), Vitamin C: 2.61mg (3.16%)