

Oat Waffles

 Vegetarian

READY IN



10 min.

SERVINGS



8

CALORIES



197 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup flour all-purpose
- 1 cup oat flour
- 4 teaspoons double-acting baking powder
- 1 tablespoon sugar
- 0.5 teaspoon salt
- 2 large eggs
- 1.8 cups skim milk fat-free
- 2 tablespoons canola oil

- 1 teaspoon vanilla extract
- 1 serving powdered sugar fresh

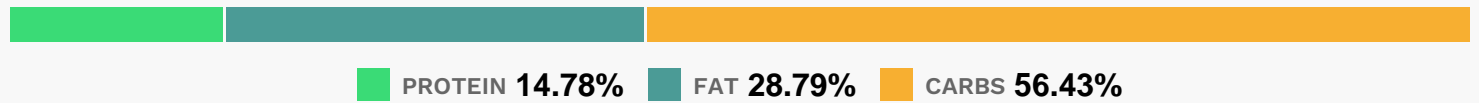
Equipment

- bowl
- oven
- waffle iron

Directions

- In a large bowl, combine the first 5 ingredients. In another bowl, combine the eggs, milk, oil and vanilla; stir into dry ingredients just until combined.
- Pour batter by 1/2 cupfuls into a preheated waffle maker; bake according to manufacturer's directions until golden brown.
- Garnish with toppings as desired.

Nutrition Facts



Properties

Glycemic Index:33.79, Glycemic Load:11.05, Inflammation Score:-3, Nutrition Score:9.5747825684755%

Nutrients (% of daily need)

Calories: 196.68kcal (9.83%), Fat: 6.26g (9.63%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 26.2g (9.53%), Sugar: 5.45g (6.06%), Cholesterol: 48.11mg (16.04%), Sodium: 400.31mg (17.4%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Protein: 7.23g (14.45%), Manganese: 0.72mg (35.82%), Selenium: 15.33µg (21.89%), Phosphorus: 210.62mg (21.06%), Calcium: 206.03mg (20.6%), Vitamin B1: 0.26mg (17.43%), Vitamin B2: 0.22mg (13.19%), Folate: 40.34µg (10.09%), Iron: 1.77mg (9.82%), Magnesium: 33.57mg (8.39%), Vitamin B12: 0.42µg (7.03%), Zinc: 0.99mg (6.62%), Vitamin B3: 1.22mg (6.09%), Vitamin E: 0.86mg (5.72%), Fiber: 1.4g (5.6%), Vitamin D: 0.84µg (5.6%), Potassium: 180.34mg (5.15%), Copper: 0.1mg (4.95%), Vitamin B5: 0.48mg (4.82%), Vitamin B6: 0.08mg (3.9%), Vitamin A: 176.83IU (3.54%), Vitamin K: 3.06µg (2.91%)