



Oatmeal Cinnamon Waffles

 Vegetarian

READY IN



30 min.

SERVINGS



5

CALORIES



533 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 cup butter melted
- 2 tablespoons cinnamon
- 2 large eggs
- 2 tablespoons brown sugar light packed
- 1.8 cups milk low-fat
- 2 cups quick-cooking rolled oats
- 0.3 teaspoon salt

- 2 tsp vegetable oil
- 1.8 cups flour whole-wheat

Equipment

- bowl
- oven
- pastry brush
- waffle iron

Directions

- Preheat waffle iron to medium-high. In a large bowl, combine flour, baking powder, and salt. In a medium bowl, mix eggs, milk, and butter together, then add to flour mixture and stir just until combined (batter will be a little lumpy).
- Add oats, cinnamon, and sugar and mix just until combined.
- Using a pastry brush, coat grids of waffle iron with oil.
- Pour 1 cup batter at a time onto center of grids and close iron (or add batter according to waffle-iron instructions).
- Bake until golden brown, 4 to 6 minutes. Use a fork to lift waffle off grids and serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.4, Glycemic Load:13.05, Inflammation Score:-8, Nutrition Score:23.715652399737%

Nutrients (% of daily need)

Calories: 533.33kcal (26.67%), Fat: 26.21g (40.33%), Saturated Fat: 13.59g (84.93%), Carbohydrates: 64.74g (21.58%), Net Carbohydrates: 55.49g (20.18%), Sugar: 9.54g (10.6%), Cholesterol: 127.33mg (42.44%), Sodium: 580.73mg (25.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.63g (31.26%), Manganese: 3.67mg (183.67%), Selenium: 45.25µg (64.64%), Phosphorus: 483.43mg (48.34%), Magnesium: 160.88mg (40.22%), Fiber: 9.25g (36.99%), Calcium: 327.39mg (32.74%), Vitamin B1: 0.44mg (29.53%), Iron: 3.94mg (21.88%), Vitamin B2:

0.32mg (19.08%), Zinc: 2.82mg (18.83%), Vitamin A: 850.39IU (17.01%), Copper: 0.32mg (16.04%), Vitamin B6: 0.29mg (14.73%), Potassium: 453.63mg (12.96%), Vitamin B3: 2.51mg (12.57%), Vitamin B12: 0.72µg (12.01%), Vitamin B5: 1.13mg (11.31%), Folate: 40.83µg (10.21%), Vitamin E: 1.5mg (10%), Vitamin D: 1.31µg (8.72%), Vitamin K: 7.88µg (7.5%)