

Oatmeal Waffles

 Vegetarian

READY IN



30 min.

SERVINGS



5

CALORIES



410 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 cups buttermilk
- 1 tablespoon canola oil
- 2 eggs beaten
- 5 servings milk
- 1 tablespoon blackstrap molasses
- 1 cup oats

- 0.5 teaspoon salt
- 1 cup flour whole wheat

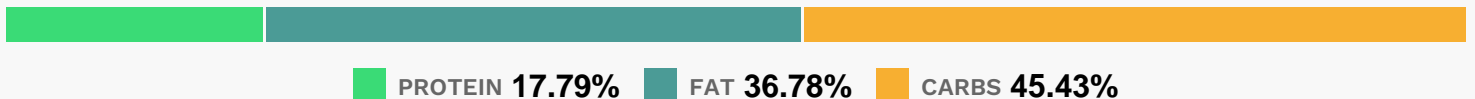
Equipment

- bowl
- frying pan
- oven
- waffle iron

Directions

- In a large bowl, mix eggs and buttermilk.
- Add oats and mix well. Stir in molasses and oil.
- Combine flour, baking soda, baking powder and salt; stir into the egg mixture. If batter becomes too thick, thin with a little milk.
- Pour about 3/4 cup batter onto a greased preheated waffle maker.
- Bake according to manufacturer's directions.
- To make pancakes: Drop batter by 1/4 cupfuls onto a hot greased griddle. Turn when bubbles begin to form on top of pancake.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:13.5, Inflammation Score:-7, Nutrition Score:24.008695768273%

Nutrients (% of daily need)

Calories: 409.63kcal (20.48%), Fat: 17.18g (26.43%), Saturated Fat: 7.4g (46.27%), Carbohydrates: 47.74g (15.91%), Net Carbohydrates: 43.65g (15.87%), Sugar: 19.8g (22%), Cholesterol: 105.31mg (35.1%), Sodium: 757.19mg (32.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.69g (37.39%), Manganese: 1.75mg (87.69%), Phosphorus: 541.61mg (54.16%), Selenium: 34.65µg (49.5%), Calcium: 491.51mg (49.15%), Vitamin B2: 0.64mg (37.73%), Vitamin B12: 1.92µg (31.93%), Magnesium: 127.56mg (31.89%), Vitamin D: 4.28µg (28.56%), Vitamin B1: 0.4mg (26.57%), Potassium: 723.67mg (20.68%), Vitamin B5: 1.84mg (18.37%), Zinc: 2.75mg (18.32%), Vitamin B6:

0.35mg (17.7%), Fiber: 4.09g (16.38%), Vitamin A: 650.88IU (13.02%), Iron: 2.23mg (12.4%), Copper: 0.22mg (10.86%), Vitamin B3: 1.72mg (8.58%), Vitamin E: 1.15mg (7.65%), Folate: 28.82µg (7.21%), Vitamin K: 4.04µg (3.85%)