

Oatmeal Waffles

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



406 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 teaspoons double-acting baking powder
- 2 tablespoons brown sugar
- 6 tablespoons butter melted
- 2 eggs lightly beaten
- 1.5 cups flour all-purpose
- 6 servings fruit fresh assorted
- 0.5 teaspoon ground cinnamon
- 1.5 cups milk

- 1 cup oats
- 0.3 teaspoon salt

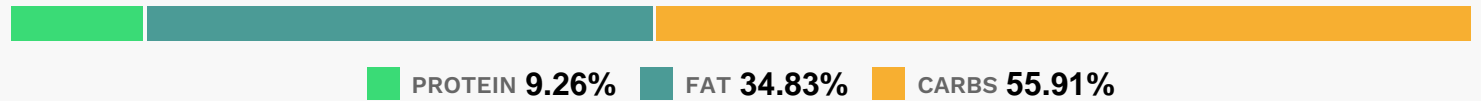
Equipment

- bowl
- whisk
- waffle iron

Directions

- In large bowl, combine the flour, oats, baking powder, cinnamon and salt; set aside. In small bowl, whisk the eggs, milk, butter and brown sugar.
- Add to flour mixture; stir until blended.
- Pour batter into a lightly greased waffle iron (amount will vary with size of waffle iron). Close lid quickly; do not open during baking. Use fork to remove baked waffle. Top with fresh fruit and yogurt.

Nutrition Facts



Properties

Glycemic Index:54.17, Glycemic Load:24.01, Inflammation Score:-7, Nutrition Score:14.390869513802%

Nutrients (% of daily need)

Calories: 406.06kcal (20.3%), Fat: 16.06g (24.7%), Saturated Fat: 9g (56.25%), Carbohydrates: 58g (19.33%), Net Carbohydrates: 53.89g (19.6%), Sugar: 20.49g (22.76%), Cholesterol: 91.98mg (30.66%), Sodium: 451.01mg (19.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.6g (19.21%), Manganese: 0.86mg (43.24%), Selenium: 21.05µg (30.07%), Vitamin B1: 0.37mg (24.88%), Phosphorus: 247.96mg (24.8%), Calcium: 226.14mg (22.61%), Vitamin B2: 0.36mg (20.89%), Folate: 71.25µg (17.81%), Vitamin A: 886.24IU (17.72%), Iron: 2.97mg (16.49%), Fiber: 4.1g (16.41%), Magnesium: 59.65mg (14.91%), Vitamin B3: 2.51mg (12.54%), Copper: 0.2mg (9.89%), Potassium: 308.84mg (8.82%), Zinc: 1.21mg (8.1%), Vitamin B12: 0.48µg (8.06%), Vitamin B5: 0.76mg (7.55%), Vitamin K: 7.24µg (6.89%), Vitamin D: 0.96µg (6.43%), Vitamin B6: 0.11mg (5.53%), Vitamin E: 0.63mg (4.18%), Vitamin C: 2.61mg (3.17%)