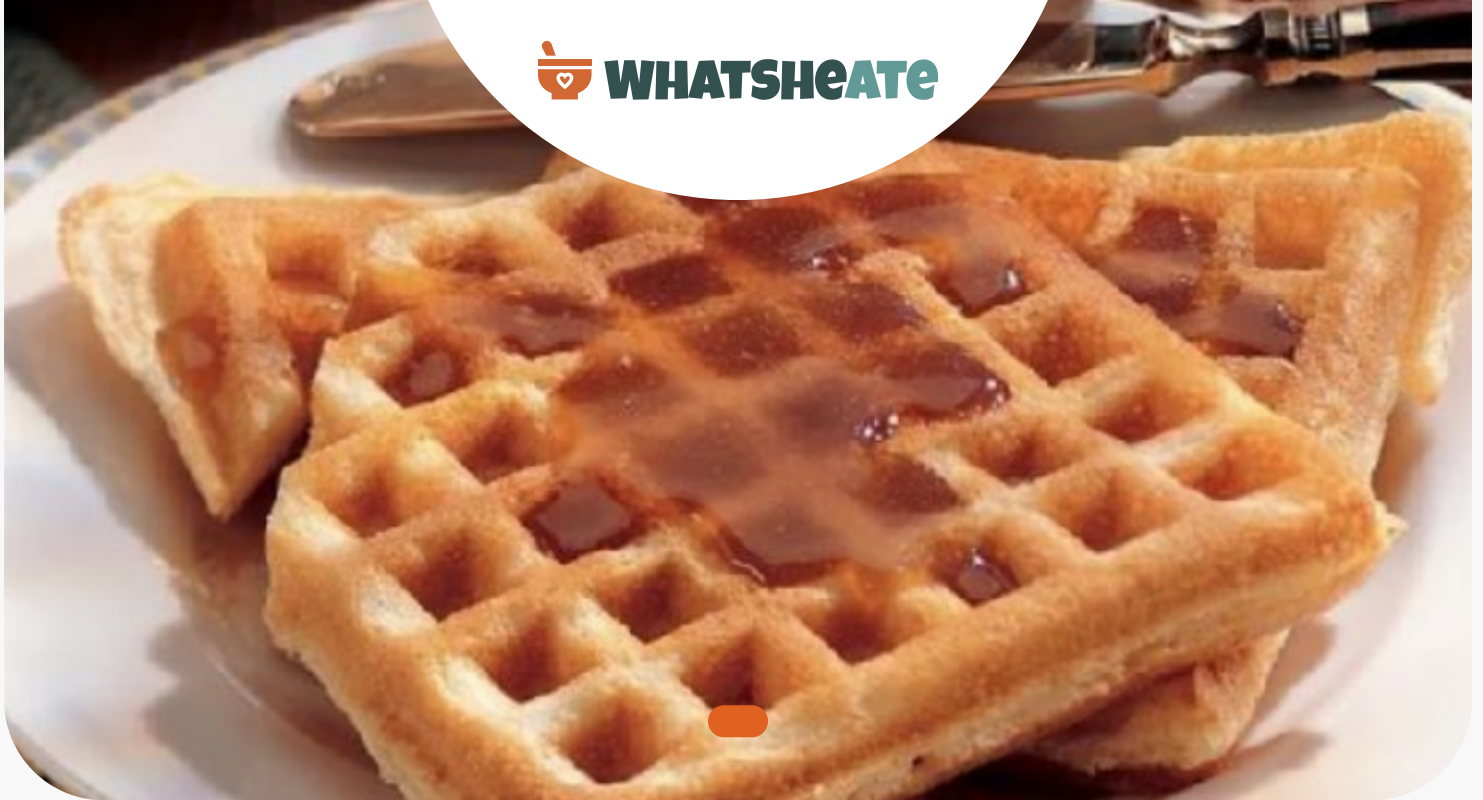




Orange Waffles with Maple-Orange Syrup

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



278 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup maple syrup
- ☐ 3 tablespoons orange juice
- ☐ 3 tablespoons butter
- ☐ 0.7 cup milk
- ☐ 0.7 cup orange juice
- ☐ 2 tablespoons vegetable oil
- ☐ 1 eggs
- ☐ 2 cups frangelico

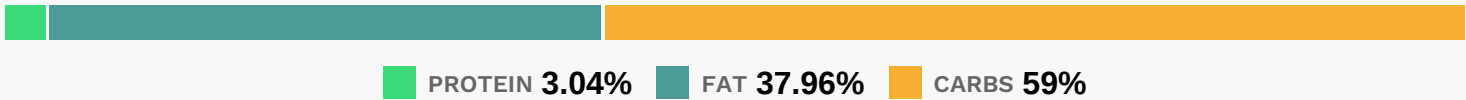
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ waffle iron

Directions

- ☐ In 1-quart saucepan, heat all syrup ingredients just until hot. Keep warm while making waffles.
- ☐ Heat waffle iron. (Waffle irons without a nonstick coating may need to be brushed with vegetable oil or sprayed with cooking spray.) In large bowl, stir all waffle ingredients with wire whisk or fork until blended.
- ☐ For each waffle, pour batter onto center of hot waffle iron. (Check manufacturer's directions for recommended amount of batter.) Close lid of waffle iron.
- ☐ Bake 3 to 5 minutes or until steaming stops. Carefully remove waffle.
- ☐ Serve waffles with syrup.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:15.59, Inflammation Score:-4, Nutrition Score:9.1278261322042%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 4.31mg, Hesperetin: 4.31mg, Hesperetin: 4.31mg, Hesperetin: 4.31mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 278.28kcal (13.91%), Fat: 11.81g (18.16%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 41.29g (13.76%), Net Carbohydrates: 41.22g (14.99%), Sugar: 36.52g (40.57%), Cholesterol: 30.53mg (10.18%), Sodium: 91.92mg (4%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Manganese: 1.24mg (62.13%), Vitamin B2: 0.77mg (45.05%), Vitamin C: 18.04mg (21.87%), Calcium: 102.02mg (10.2%), Vitamin A: 406.02IU (8.12%), Vitamin K: 8.48µg (8.07%), Potassium: 246.59mg (7.05%), Vitamin B1: 0.09mg (5.78%), Phosphorus: 49.64mg (4.96%), Magnesium: 19.58mg (4.89%), Vitamin E: 0.69mg (4.62%), Selenium: 2.8µg (4%), Zinc: 0.6mg (4%), Vitamin B12: 0.22µg (3.64%), Folate: 14.33µg (3.58%), Vitamin D: 0.44µg (2.97%), Vitamin B5: 0.29mg (2.88%), Vitamin B6: 0.04mg (2.2%), Iron: 0.26mg (1.45%), Vitamin B3: 0.22mg (1.12%), Copper: 0.02mg (1.07%)