



Pancetta and Cinnamon Waffles

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



29 min.

SERVINGS



6

CALORIES



415 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 eggs
- 1.5 teaspoons ground cinnamon
- 0.5 teaspoon kosher salt
- 0.5 cup maple syrup
- 12 ounce pancetta diced
- 1 tablespoon vegetable oil for greasing the waffle iron
- 0.5 cup walnut pieces chopped
- 1.5 cups water

3 cups frangelico (recommended: Krusteaz)

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Equipment

frying pan

baking sheet

paper towels

oven

whisk

mixing bowl

waffle iron

Directions

Watch how to make this recipe.

Special equipment: a Belgian or conventional waffle iron

Preheat the oven to 350 degrees F.

Spread the walnuts in an even layer on a baking sheet.

Bake for 10 to 12 minutes until toasted. Set aside to cool.

Preheat and lightly grease a waffle iron.

Heat the oil in a medium skillet over medium-high heat.

Add the pancetta and cook until brown and crispy, about 3 to 5 minutes.

Transfer the pancetta to a paper towel-lined baking sheet to cool.

In a large mixing bowl, combine waffle mix, eggs, vegetable oil, water, cinnamon, and salt. Using a whisk, blend the ingredients together until smooth. Stir in the pancetta.

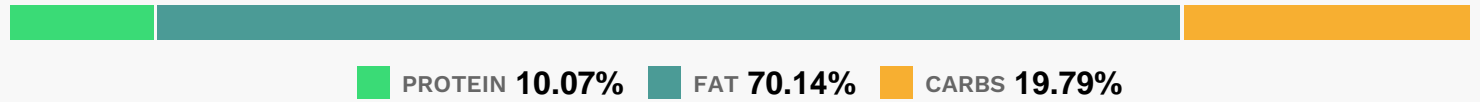
Pour the batter, using the amount recommended by the waffle iron manufacturer's instructions, into the preheated waffle iron. Cook waffles for 3 to 4 minutes until golden brown.

Place waffles onto serving plates.

Sprinkle with the chopped walnuts and drizzle with maple syrup.

Serve immediately

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:6.74, Inflammation Score:-2, Nutrition Score:10.210869496283%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 414.9kcal (20.74%), Fat: 32.53g (50.04%), Saturated Fat: 8.94g (55.89%), Carbohydrates: 20.65g (6.88%), Net Carbohydrates: 19.73g (7.18%), Sugar: 16.4g (18.22%), Cholesterol: 91.98mg (30.66%), Sodium: 595.58mg (25.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.51g (21.01%), Manganese: 1.05mg (52.41%), Vitamin B2: 0.47mg (27.56%), Selenium: 16.39µg (23.42%), Phosphorus: 144.74mg (14.47%), Vitamin B1: 0.21mg (14.23%), Vitamin B3: 2.43mg (12.15%), Vitamin B6: 0.23mg (11.45%), Copper: 0.2mg (10.04%), Zinc: 1.36mg (9.09%), Magnesium: 30.5mg (7.63%), Vitamin B12: 0.41µg (6.9%), Potassium: 238.07mg (6.8%), Vitamin B5: 0.6mg (5.97%), Calcium: 56.76mg (5.68%), Iron: 0.85mg (4.7%), Vitamin E: 0.66mg (4.42%), Vitamin K: 4.63µg (4.41%), Folate: 16.48µg (4.12%), Fiber: 0.92g (3.68%), Vitamin D: 0.52µg (3.47%), Vitamin A: 103.6IU (2.07%)