



## Pear and Ginger-Topped Waffles

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



166 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 cup sugar
- 0.5 cup water
- 1 tablespoon candied ginger finely chopped
- 2 teaspoons cornstarch
- 2 teaspoons butter
- 1.5 teaspoons juice of lemon
- 1.7 cups pears peeled sliced
- 0.5 cup raspberries

- 1.3 cups milk
- 2 tablespoons vegetable oil
- 1 eggs
- 2 cups frangelico

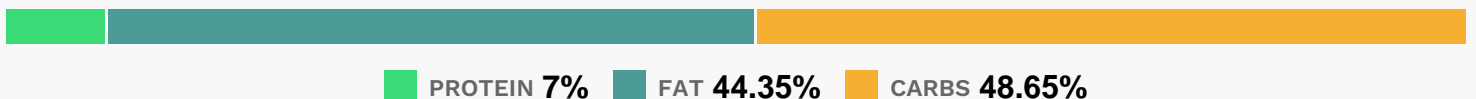
## Equipment

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

## Directions

- In 1 1/2-quart saucepan, heat all topping ingredients except pears and raspberries over medium heat, stirring frequently, until mixture thickens and boils. Boil and stir 1 minute. Stir in pears; cook, stirring occasionally, until hot. Stir in raspberries; keep warm.
- Heat waffle maker. (Waffle makers without a nonstick coating may need to be brushed with vegetable oil or sprayed with cooking spray.) In medium bowl, stir waffle ingredients with wire whisk or fork until blended.
- For each waffle, pour batter onto center of hot waffle maker. (Check manufacturer's directions for recommended amount of batter.) Close lid of waffle maker.
- Bake 3 to 5 minutes or until steaming stops. Carefully remove waffle. Repeat with remaining batter.
- Serve waffles with topping.

## Nutrition Facts



## Properties

Glycemic Index:28.47, Glycemic Load:8.91, Inflammation Score:-2, Nutrition Score:4.5678260896517%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 166.02kcal (8.3%), Fat: 8.47g (13.02%), Saturated Fat: 2.22g (13.88%), Carbohydrates: 20.9g (6.97%), Net Carbohydrates: 18.85g (6.85%), Sugar: 17.05g (18.94%), Cholesterol: 33.79mg (11.26%), Sodium: 48.68mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6.01%), Vitamin K: 11.27µg (10.73%), Fiber: 2.05g (8.18%), Calcium: 78.59mg (7.86%), Phosphorus: 78.12mg (7.81%), Vitamin B2: 0.13mg (7.42%), Vitamin C: 5.03mg (6.1%), Vitamin B12: 0.36µg (6%), Vitamin D: 0.74µg (4.95%), Selenium: 3.42µg (4.88%), Manganese: 0.09mg (4.68%), Potassium: 160.61mg (4.59%), Vitamin E: 0.67mg (4.46%), Vitamin A: 201.61IU (4.03%), Vitamin B5: 0.37mg (3.73%), Magnesium: 13.06mg (3.26%), Vitamin B6: 0.06mg (3.24%), Vitamin B1: 0.04mg (2.82%), Copper: 0.06mg (2.79%), Zinc: 0.41mg (2.72%), Folate: 8.94µg (2.24%), Iron: 0.29mg (1.59%)