



## Pear 'n Ginger-Topped Waffles

READY IN



25 min.

SERVINGS



6

CALORIES



337 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

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

- 2 tablespoons vegetable oil
- 0.5 cup water
- 2 cups baking mix original bisquick®

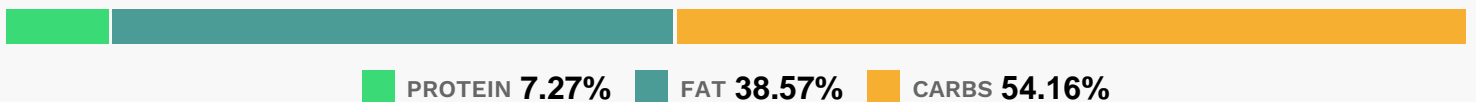
## Equipment

- 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:-4, Nutrition Score:9.7008695809737%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 337.22kcal (16.86%), Fat: 14.63g (22.5%), Saturated Fat: 3.81g (23.79%), Carbohydrates: 46.22g (15.41%), Net Carbohydrates: 43.33g (15.76%), Sugar: 21.71g (24.12%), Cholesterol: 34.59mg (11.53%), Sodium: 559.08mg (24.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.41%), Phosphorus: 312.12mg (31.21%), Vitamin B1: 0.27mg (18.16%), Vitamin B2: 0.3mg (17.7%), Calcium: 150.19mg (15.02%), Folate: 58.94µg (14.74%), Vitamin K: 13.87µg (13.21%), Fiber: 2.89g (11.54%), Manganese: 0.23mg (11.48%), Vitamin B3: 2.01mg (10.06%), Selenium: 6.42µg (9.17%), Vitamin B12: 0.52µg (8.6%), Iron: 1.39mg (7.75%), Vitamin B5: 0.73mg (7.26%), Potassium: 225.81mg (6.45%), Vitamin C: 5.15mg (6.24%), Copper: 0.12mg (5.87%), Magnesium: 23.06mg (5.76%), Vitamin D: 0.74µg (4.95%), Vitamin E: 0.72mg (4.81%), Vitamin B6: 0.1mg (4.76%), Zinc: 0.65mg (4.32%), Vitamin A: 203.21IU (4.06%)