



WHATSheATe



Pecan Cookie Waffles with Honey Cinnamon Butter



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



476 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 eggs
- ☐ 0.5 teaspoon ground cinnamon mccormick®
- ☐ 0.5 cup half and half
- ☐ 3 tablespoons honey
- ☐ 0.8 cup pecans chopped fisher® naturals®
- ☐ 16.5 oz sugar refrigerated
- ☐ 1 teaspoon vanilla extract pure mccormick®

- ☐ 0.5 cup frangelico unsalted salted softened
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Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ waffle iron

Directions

- ☐ In small bowl, beat butter, honey and cinnamon with electric mixer on medium-high speed 1 to 2 minutes or until light and creamy; set aside.
- ☐ In 10-inch skillet, cook pecans over medium heat 5 to 7 minutes, stirring frequently until pecans begin to brown, then stirring constantly until light brown.
- ☐ Remove from skillet to plate to cool.
- ☐ Heat oven to 200F.
- ☐ Heat waffle maker. (Waffle makers without a nonstick coating may need to be brushed with vegetable oil or sprayed with Crisco Original No-Stick Cooking Spray.)
- ☐ In large bowl, break up cookie dough; add eggs and vanilla. Beat on medium speed about 2 minutes or until smooth. Slowly add half-and-half, beating until batter is smooth and thin. Stir in 1/2 cup of the pecans.
- ☐ Pour 1/3 cup batter onto each waffle section. (Check manufacturers directions for recommended amount of batter.) Close lid of waffle maker. Cook about 3 minutes or until waffles are golden brown. Carefully remove waffles to heatproof plate; keep warm in oven. Repeat with remaining batter.
- ☐ To serve, top each waffle with about 1 tablespoon honey-cinnamon butter and sprinkle with 1 teaspoon of the remaining pecans.

Nutrition Facts



Properties

Glycemic Index:22.89, Glycemic Load:59, Inflammation Score:-1, Nutrition Score:5.4960869926473%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 475.94kcal (23.8%), Fat: 13.78g (21.19%), Saturated Fat: 2.72g (17%), Carbohydrates: 89.39g (29.8%), Net Carbohydrates: 87.97g (31.99%), Sugar: 87.94g (97.71%), Cholesterol: 61.62mg (20.54%), Sodium: 34.4mg (1.5%), Alcohol: 0.23g (100%), Alcohol %: 0.21% (100%), Protein: 3.77g (7.53%), Manganese: 0.66mg (32.98%), Copper: 0.19mg (9.31%), Selenium: 6.22µg (8.89%), Phosphorus: 86.51mg (8.65%), Vitamin B2: 0.14mg (8.43%), Vitamin B1: 0.1mg (6.8%), Zinc: 0.92mg (6.13%), Fiber: 1.42g (5.67%), Magnesium: 20.65mg (5.16%), Calcium: 42.48mg (4.25%), Vitamin B5: 0.41mg (4.09%), Iron: 0.71mg (3.94%), Vitamin B6: 0.07mg (3.33%), Potassium: 111.45mg (3.18%), Vitamin A: 158.71IU (3.17%), Vitamin B12: 0.17µg (2.81%), Folate: 10.72µg (2.68%), Vitamin E: 0.4mg (2.66%), Vitamin D: 0.29µg (1.96%), Vitamin B3: 0.21mg (1.05%)