



Poached Fruit over Waffles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



155 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



0.8 cup agave nectar



2 apricots



1 tablespoon coriander seeds



1 small bunch tarragon fresh with a string



1 large strips lemon zest with vegetable peeler)



2 peaches



1 pears whole peeled



4 plums

- ☐ 1 teaspoon vanilla extract pure
- ☐ 4 cups water
- ☐ 210 gram whole-grain waffles frozen toasted

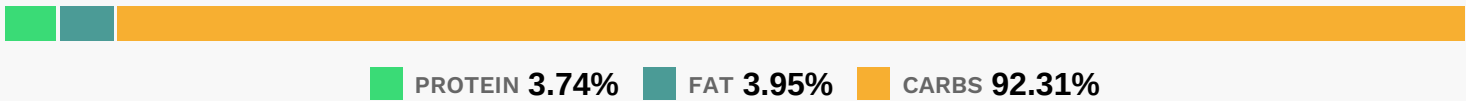
Equipment

- ☐ bowl
- ☐ knife
- ☐ pot

Directions

- ☐ In large saucepot, toast coriander seeds until fragrant (3–5 minutes).
- ☐ Add agave, lemon zest, tarragon, and water; heat to a simmer, stirring to blend. Simmer 10 minutes.
- ☐ Remove from heat; let stand 20 minutes.
- ☐ Add fruit to syrup. Cover pot and return to a low simmer, stirring occasionally. After 10 minutes, begin checking fruit for doneness (tip of sharp knife will slide in easily); transfer to bowl as it is tender. Slip skins from apricots, plums, and peaches; cut all fruit in half. Stir vanilla into syrup.
- ☐ Serve fruit over waffles.

Nutrition Facts



Properties

Glycemic Index:40.85, Glycemic Load:8.57, Inflammation Score:-5, Nutrition Score:5.726956481519%

Flavonoids

Cyanidin: 4.1mg, Cyanidin: 4.1mg, Cyanidin: 4.1mg, Cyanidin: 4.1mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 3.19mg, Catechin: 3.19mg, Catechin: 3.19mg, Catechin: 3.19mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 4.28mg, Epicatechin: 4.28mg, Epicatechin: 4.28mg, Epicatechin: 4.28mg Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Epigallocatechin 3–gallate: 0.23mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 154.88kcal (7.74%), Fat: 0.71g (1.1%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 37.41g (12.47%), Net Carbohydrates: 34.41g (12.51%), Sugar: 30.86g (34.29%), Cholesterol: 0mg (0%), Sodium: 16.74mg (0.73%), Alcohol: 0.23g (100%), Alcohol %: 0.09% (100%), Protein: 1.51g (3.03%), Vitamin C: 13.73mg (16.64%), Fiber: 3g (12%), Vitamin A: 597.15IU (11.94%), Vitamin K: 11.64µg (11.09%), Manganese: 0.2mg (9.83%), Copper: 0.14mg (7.14%), Potassium: 248.9mg (7.11%), Vitamin B6: 0.14mg (6.82%), Vitamin B2: 0.1mg (6.06%), Vitamin B3: 1.16mg (5.81%), Vitamin E: 0.81mg (5.42%), Iron: 0.91mg (5.05%), Folate: 20.09µg (5.02%), Magnesium: 19.92mg (4.98%), Vitamin B1: 0.07mg (4.97%), Calcium: 34.17mg (3.42%), Phosphorus: 33.51mg (3.35%), Zinc: 0.31mg (2.05%), Vitamin B5: 0.19mg (1.9%), Selenium: 0.79µg (1.12%)