



Power Waffle



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



253 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

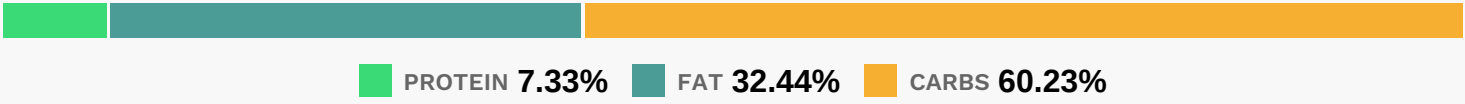
- ☐ 2 teaspoons agave nectar
- ☐ 1 tablespoon almond butter raw
- ☐ 0.5 small banana sliced
- ☐ 2 strawberries sliced
- ☐ 1 multigrain waffle frozen toasted

Equipment

Directions

Spread waffle with almond butter. Top with strawberries and banana; drizzle with agave nectar.

Nutrition Facts



Properties

Glycemic Index:185.78, Glycemic Load:14.68, Inflammation Score:-5, Nutrition Score:10.190434702065%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 3.83mg, Catechin: 3.83mg, Catechin: 3.83mg, Catechin: 3.83mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 253.07kcal (12.65%), Fat: 9.59g (14.75%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 40.06g (13.35%), Net Carbohydrates: 36.41g (13.24%), Sugar: 24.21g (26.9%), Cholesterol: 0mg (0%), Sodium: 32.47mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.75%), Manganese: 0.64mg (32.21%), Vitamin E: 4.2mg (27.98%), Vitamin C: 21.91mg (26.55%), Magnesium: 64.69mg (16.17%), Vitamin B2: 0.27mg (15.64%), Fiber: 3.65g (14.6%), Vitamin B6: 0.27mg (13.25%), Copper: 0.23mg (11.45%), Folate: 44.34µg (11.09%), Phosphorus: 108.65mg (10.86%), Potassium: 352.49mg (10.07%), Vitamin B3: 1.58mg (7.89%), Iron: 1.25mg (6.94%), Vitamin B1: 0.1mg (6.9%), Calcium: 66.49mg (6.65%), Vitamin K: 5.43µg (5.17%), Zinc: 0.71mg (4.75%), Vitamin B5: 0.29mg (2.92%), Selenium: 1.8µg (2.58%)