



Power Waffles with Yogurt, Bananas and Almonds

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



674 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup almonds toasted sliced
- ☐ 2 teaspoons double-acting baking powder
- ☐ 6 banana sliced
- ☐ 1 cup buckwheat flour
- ☐ 0.3 cup candied ginger minced
- ☐ 1 teaspoon yeast dry
- ☐ 6 large egg whites beaten to blend

- ☐ 2 teaspoons ground cinnamon
- ☐ 1 cup yogurt plain low-fat
- ☐ 6 servings maple syrup pure
- ☐ 2.5 cups skim milk light (105°F. to 115°F.)
- ☐ 1 cup oats
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 1.5 cups unbleached all purpose flour
- ☐ 6 tablespoons butter unsalted melted

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ spatula
- ☐ waffle iron

Directions

- ☐ Mix first 4 ingredients in medium bowl to blend.
- ☐ Let stand until foamy, about 10 minutes.
- ☐ Mix both flours, oats, cinnamon and salt in large bowl.
- ☐ Add yeast mixture; stir to blend (batter will be thick). Cover and chill at least 1 hour or overnight.
- ☐ Preheat oven to 200°F. Preheat Belgian waffle iron according to manufacturer's instructions.
- ☐ Mix egg whites, melted butter and baking powder into batter. Spoon 1 cup batter onto iron; spread with spatula. Cover and cook until golden and cooked through, about 4 minutes.
- ☐ Transfer waffle to baking sheet and keep warm in oven. Repeat, making 6 waffles total.
- ☐ Place waffles on plates. Top with yogurt, bananas, honey and almonds.

Nutrition Facts



 **PROTEIN 11.99%**  **FAT 26.03%**  **CARBS 61.98%**

Properties

Glycemic Index:56.94, Glycemic Load:25.99, Inflammation Score:-8, Nutrition Score:29.516086961912%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 7.35mg, Catechin: 7.35mg, Catechin: 7.35mg, Catechin: 7.35mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epicatechin 3–gallate: 0.16mg, Epicatechin 3–gallate: 0.16mg, Epicatechin 3–gallate: 0.16mg, Epicatechin 3–gallate: 0.16mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 673.72kcal (33.69%), Fat: 20.12g (30.96%), Saturated Fat: 8.56g (53.5%), Carbohydrates: 107.79g (35.93%), Net Carbohydrates: 98.58g (35.85%), Sugar: 44.32g (49.24%), Cholesterol: 35.61mg (11.87%), Sodium: 663.66mg (28.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.86g (41.71%), Manganese: 2.28mg (113.96%), Vitamin B2: 1.08mg (63.36%), Phosphorus: 447.11mg (44.71%), Magnesium: 166.99mg (41.75%), Vitamin B1: 0.6mg (39.9%), Selenium: 27.51µg (39.3%), Calcium: 379.16mg (37.92%), Fiber: 9.21g (36.84%), Vitamin B6: 0.68mg (34.13%), Potassium: 1080.92mg (30.88%), Folate: 121.42µg (30.35%), Vitamin B3: 4.87mg (24.34%), Vitamin E: 3.61mg (24.05%), Copper: 0.43mg (21.69%), Iron: 3.87mg (21.51%), Zinc: 2.91mg (19.4%), Vitamin B5: 1.58mg (15.81%), Vitamin B12: 0.87µg (14.58%), Vitamin A: 657.16IU (13.14%), Vitamin C: 10.62mg (12.87%), Vitamin D: 1.33µg (8.89%), Vitamin K: 3.63µg (3.45%)