



WHATSheATE



Pumpkin Waffles with Maple-Apple Syrup



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



304 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup maple syrup
- ☐ 0.3 cup orange juice concentrate frozen thawed ()
- ☐ 1.5 cups milk
- ☐ 0.5 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons brown sugar packed
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 2 eggs

- ☐ 0.3 cup pecans chopped
- ☐ 1 serving powdered sugar
- ☐ 2.3 cups frangelico

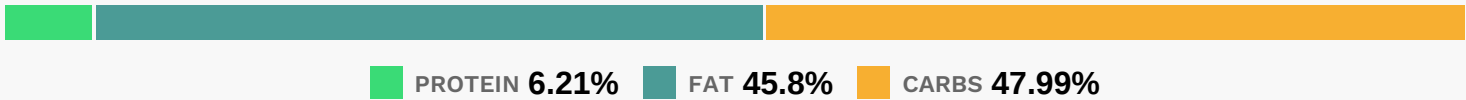
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ waffle iron

Directions

- ☐ In 1-quart saucepan, heat syrup ingredients, stirring occasionally, until juice concentrate is melted and mixture is warm.
- ☐ Heat waffle iron; grease with cooking spray, vegetable oil or shortening. In large bowl, beat all waffle ingredients except pecans and powdered sugar with wire whisk or hand beater until blended.
- ☐ Pour batter onto center of hot waffle iron. Close lid of waffle iron.
- ☐ Bake about 5 minutes or until steaming stops and waffle is golden brown. Carefully remove waffle.
- ☐ Sprinkle with pecans and powdered sugar.
- ☐ Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:14.08, Glycemic Load:7.7, Inflammation Score:-8, Nutrition Score:12.579999991085%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg

Nutrients (% of daily need)

Calories: 304.14kcal (15.21%), Fat: 15.8g (24.31%), Saturated Fat: 3.3g (20.64%), Carbohydrates: 37.25g (12.42%), Net Carbohydrates: 34.78g (12.65%), Sugar: 27.97g (31.08%), Cholesterol: 61.88mg (20.63%), Sodium: 95.37mg (4.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Manganese: 0.98mg (48.97%), Vitamin A: 2093.33IU (41.87%), Vitamin B2: 0.55mg (32.11%), Vitamin C: 18.07mg (21.91%), Vitamin K: 17.23µg (16.41%), Calcium: 134.1mg (13.41%), Phosphorus: 121.13mg (12.11%), Fiber: 2.47g (9.88%), Selenium: 6.22µg (8.88%), Potassium: 303.77mg (8.68%), Vitamin B1: 0.12mg (8.29%), Vitamin B5: 0.82mg (8.19%), Vitamin B12: 0.46µg (7.67%), Magnesium: 28.77mg (7.19%), Vitamin E: 1.07mg (7.12%), Vitamin B6: 0.14mg (7.06%), Vitamin D: 0.96µg (6.43%), Folate: 25µg (6.25%), Zinc: 0.92mg (6.15%), Copper: 0.09mg (4.58%), Iron: 0.78mg (4.31%), Vitamin B3: 0.37mg (1.87%)