



## Pumpkin Waffles with Maple Walnut Apples

READY IN



38 min.

SERVINGS



4

CALORIES



730 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 apples crisp peeled sliced
- 1 tablespoon double-acting baking powder
- 0.3 cup butter melted
- 1 cup cake flour
- 1 large eggs
- 1 large egg white
- 0.3 cup granulated sugar
- 0.3 cup maple syrup pure
- 0.8 cup milk

- 0.5 teaspoon nutmeg freshly grated
- 1 teaspoon pumpkin pie spice
- 0.5 cup pumpkin puree
- 0.5 teaspoon salt fine
- 0.3 cup shortening melted (transfat-free)
- 2 tablespoons butter unsalted
- 0.5 cup walnuts toasted
- 0.3 cup wheat germ

## Equipment

- bowl
- frying pan
- whisk
- measuring cup
- waffle iron

## Directions

- Special equipment: Standard 4 x 4-inch waffle iron
- For the waffles: Preheat a waffle iron to medium heat.
- Whisk the flour, wheat germ, sugar, baking powder, spice and salt together in a large bowl.
- Beat together the milk, pumpkin, melted butter, and melted shortening, egg and egg white, in a large measuring cup. Make a well in the center of the dry ingredients and pour in the wet ingredients.
- Whisk together to make a slightly lumpy batter.
- For the topping: Melt the butter in a skillet over medium heat.
- Add the apples and let cook until slightly browned, but still crisp, about 4 minutes.
- Add the maple syrup and walnuts and toss to coat.
- Pour and spread about 1 cup batter into the waffle iron. Cover and cook until crisp and a rich golden brown, about 7 minutes. (Try to resist the temptation to open the waffle iron too soon. Steam will puff out of the iron while the waffles cook, when this stops the waffle is cooked.)

Repeat with the remaining batter.

Serve hot with the apples.

## Nutrition Facts

**PROTEIN 6.59%** **FAT 52.42%** **CARBS 40.99%**

### Properties

Glycemic Index:118.9, Glycemic Load:36.42, Inflammation Score:-10, Nutrition Score:23.84826081732%

### Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

### Nutrients (% of daily need)

Calories: 729.98kcal (36.5%), Fat: 43.86g (67.48%), Saturated Fat: 16.59g (103.71%), Carbohydrates: 77.19g (25.73%), Net Carbohydrates: 71.31g (25.93%), Sugar: 42.07g (46.75%), Cholesterol: 97.54mg (32.51%), Sodium: 756.52mg (32.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.4g (24.8%), Manganese: 2.34mg (116.89%), Vitamin A: 5491.51IU (109.83%), Selenium: 25.66µg (36.66%), Vitamin B2: 0.54mg (31.77%), Calcium: 306.74mg (30.67%), Phosphorus: 306.3mg (30.63%), Fiber: 5.88g (23.53%), Copper: 0.42mg (21.16%), Vitamin B1: 0.28mg (18.82%), Magnesium: 74.19mg (18.55%), Vitamin K: 16.01µg (15.24%), Zinc: 2.22mg (14.8%), Folate: 58.4µg (14.6%), Vitamin B6: 0.29mg (14.54%), Vitamin E: 2.16mg (14.38%), Potassium: 475.19mg (13.58%), Iron: 2.4mg (13.33%), Vitamin B5: 1.05mg (10.49%), Vitamin C: 5.79mg (7.01%), Vitamin B12: 0.4µg (6.7%), Vitamin B3: 1.27mg (6.33%), Vitamin D: 0.86µg (5.72%)