



Pumpkin Waffles With Trail-Mix Topping

 Vegetarian

READY IN



120 min.

SERVINGS



4

CALORIES



736 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 4 servings coarse salt
- 0.3 cup cherries dried
- 2 large eggs separated
- 2.3 cups flour all-purpose
- 0.5 cup brown sugar light packed
- 1.5 tablespoons maple syrup pure

- 0.3 cup greek yogurt plain
- 2 teaspoons pumpkin-pie spice
- 0.3 cup sunflower seeds raw
- 1 teaspoon salt
- 0.3 cup slivered almonds
- 2 pounds sugar pie pumpkin
- 4 tablespoons butter unsalted melted
- 1 cup milk whole

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- whisk
- sieve
- blender
- aluminum foil
- spatula
- serrated knife
- waffle iron

Directions

- Prep the pumpkin: Preheat the oven to 350 degrees F.
- Remove the stem and cut the pumpkin into quarters with a serrated knife. Scrape the seeds and pulp into a strainer; set aside.

- Put the wedges on a baking sheet and cover tightly with foil; bake until the flesh is tender, about 1 hour, 30 minutes.
- Remove the foil and let cool.
- Puree and strain: Scoop the pumpkin flesh into a food processor and puree until smooth.
- Transfer to a sieve set over a bowl to drain the excess liquid, about 1 hour.
- Toast the seeds: Meanwhile, reduce the oven temperature to 300 degrees F. Rinse the seeds under cold water and discard the stringy pulp; blot dry.
- Spread the seeds in a single layer on a rimmed baking sheet and bake about 30 minutes, stirring occasionally (this helps dry them out).
- Transfer 1/2 cup pumpkin seeds to a bowl and add the almonds, sunflower seeds and syrup.
- Spread on 2 baking sheets lined with silicone mats or parchment paper and season with salt; bake until just golden, stirring several times, about 20 minutes. Cool completely on the pan, then toss with the dried cherries.
- Whisk the flour, baking powder, baking soda, salt and pumpkin-pie spice in a bowl.
- Whisk the sugar and egg yolks in a separate bowl, then whisk in 1 1/2 cups strained pumpkin puree, the yogurt and milk.
- Whisk in the melted butter.
- Pour the pumpkin mixture into the flour mixture and stir with a rubber spatula until just combined (it will be lumpy). Beat the egg whites with a mixer until stiff, then gently fold into the batter.
- Cook the waffles: Preheat a waffle iron and grease it if it's not nonstick. Spoon in the batter and cook until golden brown. Keep warm in a 250 degree F oven (directly on the rack) until serving.
- Serve with whipped cream, if desired, and sprinkle with the topping.
- Photographs by Jim Franco

Nutrition Facts

 PROTEIN 10.55%  FAT 29.19%  CARBS 60.26%

Properties

Glycemic Index:85.88, Glycemic Load:52.05, Inflammation Score:-10, Nutrition Score:35.219565495201%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 3.7mg, Luteolin: 3.7mg, Luteolin: 3.7mg, Luteolin: 3.7mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 736.04kcal (36.8%), Fat: 24.45g (37.62%), Saturated Fat: 10.04g (62.77%), Carbohydrates: 113.55g (37.85%), Net Carbohydrates: 108.09g (39.31%), Sugar: 45.57g (50.64%), Cholesterol: 131.04mg (43.68%), Sodium: 1097.28mg (47.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.89g (39.77%), Vitamin A: 20167.14IU (403.34%), Manganese: 1.44mg (72.12%), Vitamin B2: 1.04mg (61.08%), Vitamin B1: 0.86mg (57.13%), Selenium: 39.87µg (56.96%), Vitamin E: 7.76mg (51.72%), Folate: 200.5µg (50.13%), Phosphorus: 419.13mg (41.91%), Iron: 6.86mg (38.09%), Vitamin B3: 6.63mg (33.14%), Potassium: 1157.26mg (33.06%), Copper: 0.65mg (32.55%), Calcium: 293.01mg (29.3%), Magnesium: 105.8mg (26.45%), Vitamin C: 20.76mg (25.17%), Fiber: 5.46g (21.84%), Vitamin B6: 0.39mg (19.73%), Vitamin B5: 1.81mg (18.14%), Zinc: 2.59mg (17.24%), Vitamin B12: 0.66µg (11.05%), Vitamin D: 1.38µg (9.21%), Vitamin K: 4.23µg (4.03%)