

# Taste of Home

## Quick and Easy Waffles



Vegetarian



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



341 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 cups baking mix
- 2 large eggs lightly beaten
- 0.5 cup vegetable oil
- 7 ounces seltzer water

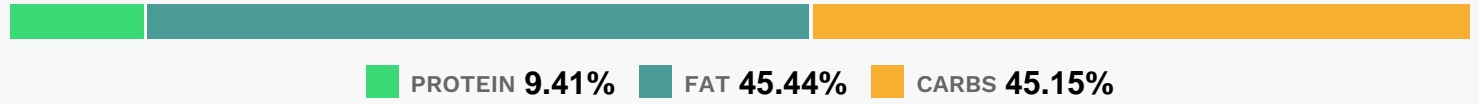
## Equipment

- bowl
- oven
- waffle iron

## Directions

- In a bowl, combine the baking mix, eggs and oil.
- Add soda and mix well.
- Bake in a preheated waffle iron according to manufacturer's directions until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:10.581304289725%

## Nutrients (% of daily need)

Calories: 340.73kcal (17.04%), Fat: 17.07g (26.26%), Saturated Fat: 3.99g (24.95%), Carbohydrates: 38.16g (12.72%), Net Carbohydrates: 36.9g (13.42%), Sugar: 7.08g (7.87%), Cholesterol: 94.2mg (31.4%), Sodium: 811.52mg (35.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.95g (15.9%), Phosphorus: 400.5mg (40.05%), Vitamin B1: 0.35mg (23.67%), Vitamin B2: 0.38mg (22.14%), Folate: 86.75µg (21.69%), Selenium: 12.18µg (17.39%), Vitamin B3: 2.74mg (13.72%), Vitamin K: 14µg (13.33%), Calcium: 123.88mg (12.39%), Iron: 2.11mg (11.7%), Manganese: 0.21mg (10.57%), Vitamin B5: 0.91mg (9.14%), Vitamin B12: 0.46µg (7.61%), Copper: 0.11mg (5.67%), Vitamin E: 0.79mg (5.24%), Fiber: 1.26g (5.04%), Zinc: 0.73mg (4.88%), Magnesium: 18.5mg (4.62%), Vitamin B6: 0.09mg (4.41%), Potassium: 133.29mg (3.81%), Vitamin D: 0.5µg (3.33%), Vitamin A: 137.4IU (2.75%)