



Raspberry-Ricotta Waffle

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



157 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

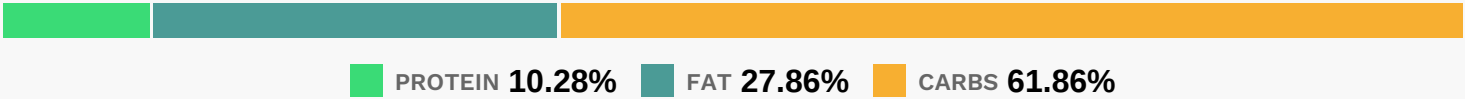
- ☐ 1 eggo homestyle waffles whole-wheat frozen (such as Van's)
- ☐ 1 tablespoon part-skim ricotta
- ☐ 2 teaspoons raspberry jam

Equipment

Directions

- ☐ Toast waffle. Dollop with ricotta cheese and raspberry preserves.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:5.22, Inflammation Score:-4, Nutrition Score:5.8143478285359%

Nutrients (% of daily need)

Calories: 156.63kcal (7.83%), Fat: 4.87g (7.5%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 24.34g (8.11%), Net Carbohydrates: 23.76g (8.64%), Sugar: 7.78g (8.65%), Cholesterol: 13.68mg (4.56%), Sodium: 228.06mg (9.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.09%), Phosphorus: 139.27mg (13.93%), Iron: 2.44mg (13.58%), Vitamin B2: 0.22mg (12.94%), Calcium: 124.22mg (12.42%), Vitamin A: 589.13IU (11.78%), Vitamin B12: 0.67µg (11.21%), Vitamin B1: 0.16mg (10.97%), Vitamin B6: 0.22mg (10.96%), Vitamin B3: 2.15mg (10.76%), Folate: 34.96µg (8.74%), Selenium: 2.75µg (3.93%), Zinc: 0.38mg (2.54%), Fiber: 0.57g (2.3%), Magnesium: 8.73mg (2.18%), Potassium: 59.36mg (1.7%), Vitamin C: 1.23mg (1.49%)