



Rich Cream Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



128 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup butter melted
- ☐ 0.1 teaspoon cream of tartar
- ☐ 3 eggs separated
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 1 cup whipping cream

☐ 1 cup milk whole

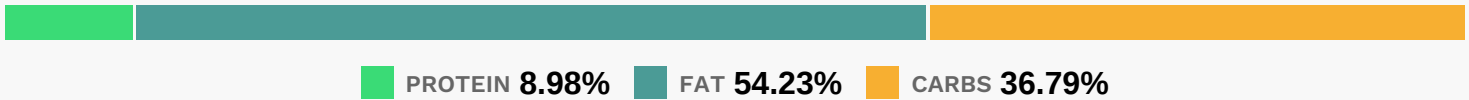
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ waffle iron

Directions

- ☐ Combine first 4 ingredients in a large bowl; make a well in center of mixture.
- ☐ Combine egg yolks, milk, cream, and butter; stir with a wire whisk.
- ☐ Add to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ Beat egg whites and cream of tartar at high speed of an electric mixer until stiff peaks form; gently fold beaten egg white mixture into batter.
- ☐ Coat an 8-inch square waffle iron with cooking spray; allow waffle iron to preheat. For each waffle, spoon 1 cup batter onto hot waffle iron, spreading batter to edges.
- ☐ Bake 4 to 5 minutes or until steaming stops. Repeat procedure with remaining batter.
- ☐ Cut each waffle into 4 squares. Top with maple syrup, if desired.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:8.06, Inflammation Score:-3, Nutrition Score:3.473478300416%

Nutrients (% of daily need)

Calories: 127.94kcal (6.4%), Fat: 7.74g (11.91%), Saturated Fat: 4.65g (29.05%), Carbohydrates: 11.81g (3.94%), Net Carbohydrates: 11.47g (4.17%), Sugar: 2.19g (2.44%), Cholesterol: 45.56mg (15.19%), Sodium: 107.21mg (4.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.77%), Selenium: 6.89µg (9.84%), Vitamin B2: 0.13mg (7.78%), Vitamin B1: 0.11mg (7.34%), Folate: 26.54µg (6.63%), Vitamin A: 301.24IU (6.02%), Phosphorus: 55.24mg (5.52%), Calcium: 52.65mg (5.26%), Manganese: 0.09mg (4.4%), Iron: 0.75mg (4.19%), Vitamin B3: 0.76mg (3.82%),

Vitamin D: 0.46µg (3.04%), Vitamin B12: 0.15µg (2.47%), Vitamin B5: 0.23mg (2.35%), Vitamin E: 0.26mg (1.72%), Zinc: 0.25mg (1.69%), Potassium: 55.97mg (1.6%), Magnesium: 6mg (1.5%), Vitamin B6: 0.03mg (1.42%), Fiber: 0.34g (1.35%), Copper: 0.02mg (1.22%)