



## Rise-and-Shine Waffles

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



427 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.8 cup oats
- 0.3 cup brown sugar packed
- 1 cup skim milk fat-free (skim)
- 1 cup yogurt plain fat free yoplait® (from 2-lb container)
- 0.3 cup maple syrup
- 0.3 cup eggs fat-free slightly beaten
- 3 tablespoons soybean oil
- 0.7 cup flour all-purpose

- 2 tablespoons ground flaxseed
- 2 teaspoons double-acting baking powder
- 1 teaspoon orange zest grated
- 0.3 teaspoon baking soda

## Equipment

- bowl
- oven
- waffle iron

## Directions

- In large bowl, mix oats, brown sugar and milk; let stand 10 minutes. Meanwhile, in small bowl, mix yogurt and maple syrup until well blended; refrigerate until serving time.
- Stir egg product and oil into oat mixture. Stir in remaining ingredients until blended.
- Let stand 5 minutes longer. Meanwhile, heat waffle maker; grease with vegetable oil if necessary (or spray with cooking spray before heating).
- For each waffle, pour batter onto center of hot waffle maker, spreading batter to edges. (Check manufacturer's directions for recommended amount of batter.) Close lid.
- Bake 4 to 5 minutes or until steaming stops and waffle is golden brown. Carefully remove waffle. Repeat with remaining batter.
- Serve waffles with topping.

## Nutrition Facts



**PROTEIN 11.47%** **FAT 30.26%** **CARBS 58.27%**

## Properties

Glycemic Index:77.19, Glycemic Load:21.47, Inflammation Score:-5, Nutrition Score:17.512173797773%

## Nutrients (% of daily need)

Calories: 427.29kcal (21.36%), Fat: 14.48g (22.27%), Saturated Fat: 2.46g (15.38%), Carbohydrates: 62.74g (20.91%), Net Carbohydrates: 59.63g (21.68%), Sugar: 33.51g (37.23%), Cholesterol: 59.56mg (19.85%), Sodium: 382.3mg

(16.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.35g (24.69%), Manganese: 1.26mg (63.09%), Vitamin B2: 0.68mg (40.07%), Calcium: 382.87mg (38.29%), Phosphorus: 343.55mg (34.35%), Selenium: 20.61µg (29.45%), Vitamin B1: 0.37mg (24.97%), Vitamin K: 19.44µg (18.52%), Magnesium: 66.21mg (16.55%), Folate: 62.04µg (15.51%), Vitamin B12: 0.86µg (14.4%), Iron: 2.48mg (13.78%), Zinc: 2.06mg (13.75%), Potassium: 450.24mg (12.86%), Fiber: 3.11g (12.44%), Vitamin B5: 1.16mg (11.61%), Vitamin B3: 1.7mg (8.52%), Copper: 0.16mg (8.03%), Vitamin E: 1.08mg (7.22%), Vitamin B6: 0.14mg (7.06%), Vitamin D: 0.98µg (6.52%), Vitamin A: 213.35IU (4.27%), Vitamin C: 1.25mg (1.52%)