



Sour Cream, Cheddar, and Chive Potato Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



7

CALORIES



141 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 8 ounce cream sour reduced-fat
- 1 large eggs
- 1.8 cups skim milk fat-free
- 0.3 cup chives fresh chopped
- 2 ounces cheddar cheese shredded reduced-fat
- 5.8 ounce pancake mix shredded (such as Panni)

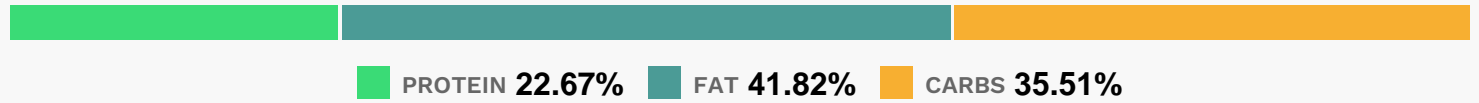
Equipment

- bowl
- whisk
- waffle iron

Directions

- Coat a waffle iron with cooking spray, and preheat.
- Combine baking powder and potato pancake mix in a large bowl.
- Place milk, sour cream, and egg in a medium bowl; stir well with a whisk.
- Add milk mixture to potato pancake mixture, stirring until smooth. Fold in cheese and chives.
- Spoon about 1/2 cup batter onto hot waffle iron, spreading batter to edges. Cook 3 to 5 minutes or until done; repeat procedure with remaining batter.

Nutrition Facts



Properties

Glycemic Index:24.32, Glycemic Load:1.15, Inflammation Score:-3, Nutrition Score:6.6395651775858%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 141.05kcal (7.05%), Fat: 6.55g (10.07%), Saturated Fat: 3.23g (20.16%), Carbohydrates: 12.51g (4.17%), Net Carbohydrates: 12.03g (4.37%), Sugar: 3.26g (3.62%), Cholesterol: 58.13mg (19.38%), Sodium: 290.95mg (12.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.99g (15.97%), Calcium: 249.54mg (24.95%), Phosphorus: 228.76mg (22.88%), Vitamin B2: 0.24mg (14.37%), Selenium: 7.91µg (11.3%), Vitamin B12: 0.67µg (11.24%), Vitamin A: 407.47IU (8.15%), Potassium: 237.26mg (6.78%), Vitamin B1: 0.1mg (6.63%), Vitamin D: 0.89µg (5.93%), Zinc: 0.86mg (5.74%), Folate: 18.99µg (4.75%), Magnesium: 18.67mg (4.67%), Vitamin B5: 0.47mg (4.66%), Vitamin B6: 0.08mg (4.22%), Iron: 0.57mg (3.18%), Vitamin K: 3.27µg (3.12%), Manganese: 0.04mg (2.13%), Vitamin B3: 0.4mg (2.02%), Fiber: 0.48g (1.93%), Vitamin C: 1.26mg (1.53%), Copper: 0.03mg (1.33%), Vitamin E: 0.18mg (1.2%)