



Sourdough Waffles with Ham and Cheese

READY IN



45 min.

SERVINGS



8

CALORIES



341 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 ounces ham diced reduced-fat
- 3 tablespoons dijon mustard
- 2.3 teaspoons yeast dry
- 1 large eggs lightly beaten
- 2.5 cups flour all-purpose divided
- 6 tablespoons maple syrup
- 1.5 cups warm milk fat-free (100° to 110°)
- 1 tablespoon olive oil
- 0.5 teaspoon salt

- 1 tablespoon sugar
- 6 ounces swiss cheese diced
- 0.5 cup warm water (100° to 110°)

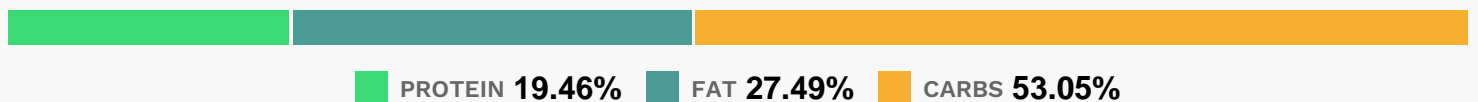
Equipment

- bowl
- knife
- whisk
- measuring cup
- waffle iron

Directions

- Dissolve yeast in warm water in a small bowl; let stand 5 minutes.
- Add milk and oil, stirring with a whisk. Lightly spoon flour into dry measuring cups; level with a knife.
- Combine 2 cups flour and sugar in a small bowl.
- Add flour mixture to yeast mixture, stirring with a whisk until just combined. Cover and let stand in a warm place (85), free from drafts, 1 hour or until mixture is bubbly. Stir batter. Cover and refrigerate 24 hours.
- Let batter stand at room temperature 20 minutes (batter will be thick and spongy). Coat a waffle iron with cooking spray, and preheat. Stir batter; add 1/2 cup flour, salt, and egg, stirring with a whisk.
- Add cheese and ham; stir well. Spoon about 1/2 cup of batter onto hot waffle iron, spreading batter to edges. Cook 3 to 5 minutes or until done; repeat procedure with remaining batter.
- To prepare sauce, combine syrup and mustard in a bowl; stir with a whisk.
- Serve with waffles.

Nutrition Facts



Properties

Glycemic Index:34.23, Glycemic Load:27.15, Inflammation Score:-5, Nutrition Score:13.47826097444%

Nutrients (% of daily need)

Calories: 341.1kcal (17.06%), Fat: 10.38g (15.96%), Saturated Fat: 4.41g (27.58%), Carbohydrates: 45.04g (15.01%), Net Carbohydrates: 43.51g (15.82%), Sugar: 13.39g (14.88%), Cholesterol: 55.79mg (18.6%), Sodium: 554.8mg (24.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.53g (33.05%), Selenium: 24.47µg (34.96%), Vitamin B2: 0.58mg (33.86%), Manganese: 0.64mg (32.11%), Vitamin B1: 0.45mg (30.27%), Calcium: 279.95mg (28%), Folate: 98.12µg (24.53%), Phosphorus: 237.41mg (23.74%), Vitamin B12: 0.96µg (16.08%), Vitamin B3: 2.77mg (13.87%), Iron: 2.22mg (12.35%), Zinc: 1.7mg (11.35%), Magnesium: 28.35mg (7.09%), Vitamin B5: 0.66mg (6.57%), Vitamin A: 307.93IU (6.16%), Fiber: 1.53g (6.13%), Potassium: 192.85mg (5.51%), Vitamin B6: 0.09mg (4.32%), Vitamin D: 0.63µg (4.2%), Copper: 0.08mg (4.11%), Vitamin E: 0.49mg (3.26%), Vitamin K: 1.58µg (1.5%)