



Spiced Pumpkin Waffles

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



423 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 1 cup pumpkin puree canned
- ☐ 1 teaspoon cinnamon
- ☐ 4 tablespoons dairy-free margarine — cooled melted
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose

- ☐ 0.5 teaspoon ground ginger
- ☐ 1.7 cups milk alternative (rice, soy, almond, or your choice)
- ☐ 0.8 teaspoon nutmeg
- ☐ 1 pinch salt

Equipment

- ☐ bowl
- ☐ oven
- ☐ waffle iron

Directions

- ☐ Mix together flour, baking powder, baking soda, cinnamon, nutmeg, ginger, and salt in large bowl. In a second bowl, add eggs, sugar, pumpkin, milk alternative, and margarine; beat well. Gently fold in the flour mixture. Cook according to your waffle iron directions. They come out a nice deep, golden brown, and will be a little soft. Hold waffles in a 200°F oven while making the rest of the waffles, and they crisp up nicely.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:28.52, Inflammation Score:-10, Nutrition Score:21.452608823776%

Nutrients (% of daily need)

Calories: 423.41kcal (21.17%), Fat: 15.18g (23.35%), Saturated Fat: 5.18g (32.4%), Carbohydrates: 60.74g (20.25%), Net Carbohydrates: 57.31g (20.84%), Sugar: 20.58g (22.87%), Cholesterol: 94.04mg (31.35%), Sodium: 632.83mg (27.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.45%), Vitamin A: 10352.43IU (207.05%), Selenium: 25.15µg (35.93%), Calcium: 354.01mg (35.4%), Manganese: 0.61mg (30.59%), Vitamin B1: 0.45mg (29.99%), Vitamin B2: 0.51mg (29.78%), Phosphorus: 286.68mg (28.67%), Folate: 103.96µg (25.99%), Vitamin E: 3.68mg (24.52%), Iron: 3.94mg (21.9%), Vitamin K: 18.24µg (17.37%), Vitamin B3: 3.17mg (15.83%), Fiber: 3.43g (13.71%), Vitamin B12: 0.74µg (12.41%), Vitamin B5: 1.19mg (11.88%), Potassium: 388.77mg (11.11%), Magnesium: 42.81mg (10.7%), Vitamin D: 1.56µg (10.39%), Copper: 0.16mg (8.17%), Vitamin B6: 0.16mg (8.15%), Zinc: 1.16mg (7.76%), Vitamin C: 2.6mg (3.16%)