



## Spiced Waffles with Caramelized Apples

READY IN



45 min.

SERVINGS



4

CALORIES



459 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.7 cup flour
- 4 servings apples
- 1.5 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 0.8 cup buttermilk
- 1 large eggs separated
- 0.5 teaspoon ground cinnamon
- 1 pinch ground cloves
- 0.1 teaspoon ground coriander

- 1.3 teaspoons ground ginger
- 0.1 teaspoon nutmeg
- 1 pinch pepper white
- 2 tablespoons honey
- 0.5 teaspoon orange zest grated
- 0.1 teaspoon salt
- 6 tablespoons sugar
- 2 tablespoons butter unsalted melted ()
- 4 servings whipped cream
- 2 tablespoons flour whole wheat

## Equipment

- bowl
- baking sheet
- oven
- whisk
- aluminum foil
- waffle iron

## Directions

- Whisk first 12 ingredients in large bowl to blend.
- Whisk buttermilk, honey, egg yolk, and orange peel in medium bowl to blend.
- Whisk buttermilk mixture into dry ingredients. Stir in melted butter. Beat egg white in another medium bowl until stiff but not dry; fold into batter.
- Spray 8- to 9-inch square waffle iron with nonstick spray and preheat.
- Pour half of batter (about 1 cup) onto hot iron. Close top and cook until brown and set, about 3 minutes (time will vary depending on machine).
- Transfer waffle to large rack placed on rimmed baking sheet. Repeat with remaining batter. (Can be made ahead.)

- Let stand at room temperature up to 3 hours or cool completely, wrap in foil, and let stand at room temperature 1 day. Rewarm uncovered on rack on baking sheet in 350F oven until crisp, about 5 minutes per side.)
- Cut waffles into squares. Divide squares among 4 plates. Top with ice cream and Caramelized Apples.

## Nutrition Facts



### Properties

Glycemic Index:122.09, Glycemic Load:41.15, Inflammation Score:-5, Nutrition Score:11.837391303933%

### Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

### Nutrients (% of daily need)

Calories: 458.52kcal (22.93%), Fat: 16.14g (24.83%), Saturated Fat: 9.42g (58.9%), Carbohydrates: 72.73g (24.24%), Net Carbohydrates: 69.5g (25.27%), Sugar: 49.44g (54.93%), Cholesterol: 95.54mg (31.85%), Sodium: 420.66mg (18.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.29g (16.57%), Manganese: 0.6mg (29.93%), Vitamin B2: 0.43mg (25.26%), Calcium: 246.44mg (24.64%), Selenium: 16.56µg (23.66%), Phosphorus: 210.9mg (21.09%), Vitamin B1: 0.25mg (16.42%), Folate: 53.62µg (13.4%), Fiber: 3.23g (12.92%), Vitamin A: 630.68IU (12.61%), Iron: 1.85mg (10.27%), Vitamin B12: 0.59µg (9.79%), Potassium: 330.19mg (9.43%), Vitamin B5: 0.92mg (9.17%), Vitamin B3: 1.67mg (8.35%), Magnesium: 30.47mg (7.62%), Zinc: 1.11mg (7.43%), Vitamin D: 1.07µg (7.15%), Vitamin B6: 0.13mg (6.29%), Copper: 0.11mg (5.44%), Vitamin E: 0.68mg (4.54%), Vitamin C: 3.7mg (4.49%), Vitamin K: 2.48µg (2.36%)