



Spiced Waffles with Sauteed Pears

 Vegetarian

READY IN



27 min.

SERVINGS



4

CALORIES



470 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon cinnamon
- ☐ 0.3 cup brown sugar dark packed
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger

- ☐ 1 teaspoon juice of lemon
- ☐ 0.8 cup milk
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 lb firm-ripe pears cored peeled cut into 1/2-inch wedges
- ☐ 0.3 teaspoon salt
- ☐ 5 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ waffle iron

Directions

- ☐ In a pan over low heat, melt 4 Tbsp. butter. In a bowl, mix flour, 2 Tbsp. brown sugar, baking powder, 1/2 tsp. cinnamon, allspice, ginger, nutmeg, cloves and salt. In a smaller bowl, whisk milk and egg.
- ☐ Add milk mixture and 3 Tbsp. melted butter to flour mixture; stir until well blended.
- ☐ Preheat oven to 200F. Warm a 6-inch nonstick waffle iron; brush with 1 Tbsp. melted butter. Spoon in 1/2 cup batter; spread evenly. Cook until golden brown and firm, 2 to 3 minutes.
- ☐ Transfer waffles to a plate and keep warm in oven. Cook remaining waffles.
- ☐ Melt remaining 1 Tbsp. butter in a skillet over medium heat.
- ☐ Add pears and sprinkle with lemon juice, remaining 2 Tbsp. brown sugar and 1/4 tsp. cinnamon. Cook, stirring gently, until juices are caramelized and pears are tender, 3 to 4 minutes.
- ☐ Transfer waffles to 4 serving plates and top with pears.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:82.94, Glycemic Load:28.45, Inflammation Score:-6, Nutrition Score:13.5021739628%

Flavonoids

Cyanidin: 4.67mg, Cyanidin: 4.67mg, Cyanidin: 4.67mg, Cyanidin: 4.67mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg, Epigallocatechin: 1.34mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 470.3kcal (23.51%), Fat: 17.57g (27.03%), Saturated Fat: 10.38g (64.89%), Carbohydrates: 75.21g (25.07%), Net Carbohydrates: 66.98g (24.36%), Sugar: 37.88g (42.09%), Cholesterol: 89.61mg (29.87%), Sodium: 295.82mg (12.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.71%), Fiber: 8.24g (32.95%), Manganese: 0.57mg (28.62%), Selenium: 16.04µg (22.91%), Vitamin B1: 0.31mg (20.36%), Vitamin B2: 0.34mg (20.05%), Folate: 80.12µg (20.03%), Calcium: 169.62mg (16.96%), Phosphorus: 160.02mg (16%), Iron: 2.41mg (13.37%), Copper: 0.26mg (12.79%), Vitamin A: 638.57IU (12.77%), Vitamin C: 10.35mg (12.55%), Potassium: 415.64mg (11.88%), Vitamin B3: 2.33mg (11.65%), Vitamin K: 11.77µg (11.21%), Magnesium: 33.33mg (8.33%), Vitamin B6: 0.14mg (6.94%), Vitamin D: 1.02µg (6.77%), Vitamin B5: 0.65mg (6.52%), Vitamin B12: 0.39µg (6.47%), Vitamin E: 0.87mg (5.82%), Zinc: 0.84mg (5.6%)