



Strawberry Waffles with Buttered Strawberry Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



220 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 1 large eggs
- 1 cup flour all-purpose
- 2 tablespoons milk 1% low-fat
- 0.1 teaspoon salt
- 1 cup strawberries sliced
- 6 servings buttered strawberry sauce
- 2 teaspoons sugar

- 0.3 teaspoon vanilla extract
- 1 tablespoon vegetable oil

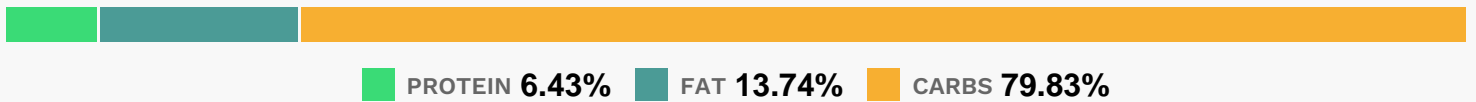
Equipment

- bowl
- knife
- blender
- measuring cup
- waffle iron

Directions

- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, sugar, baking powder, and salt in a medium bowl; make a well in center of mixture.
- Place strawberries, milk, oil, vanilla, and egg in a blender; process until smooth.
- Add pureed strawberry mixture to flour mixture, stirring just until moist.
- Coat a waffle iron with cooking spray; preheat. Spoon about 1/4 cup batter per 4-inch waffle onto hot waffle iron; spread batter to edges. Cook 5 to 6 minutes or until steaming stops; repeat with remaining batter.
- Serve hot with warm Buttered Strawberry Sauce.

Nutrition Facts



Properties

Glycemic Index:46.18, Glycemic Load:13.15, Inflammation Score:-3, Nutrition Score:6.4047825336456%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg

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Nutrients (% of daily need)

Calories: 220.1kcal (11.01%), Fat: 3.43g (5.27%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 44.79g (14.93%), Net Carbohydrates: 43.48g (15.81%), Sugar: 13.27g (14.75%), Cholesterol: 31.25mg (10.42%), Sodium: 141.56mg (6.15%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 3.61g (7.22%), Vitamin C: 19.32mg (23.42%), Manganese: 0.3mg (15.07%), Selenium: 10.14µg (14.48%), Folate: 50.18µg (12.55%), Vitamin B1: 0.18mg (11.98%), Vitamin B2: 0.16mg (9.58%), Iron: 1.39mg (7.74%), Vitamin B3: 1.4mg (6.98%), Phosphorus: 66.43mg (6.64%), Calcium: 59.45mg (5.94%), Fiber: 1.31g (5.24%), Vitamin K: 5.05µg (4.81%), Copper: 0.06mg (3%), Vitamin B5: 0.29mg (2.85%), Potassium: 98.26mg (2.81%), Magnesium: 11.02mg (2.76%), Vitamin E: 0.39mg (2.63%), Zinc: 0.33mg (2.21%), Vitamin B6: 0.04mg (2.11%), Vitamin B12: 0.1µg (1.74%), Vitamin D: 0.22µg (1.48%), Vitamin A: 64.52IU (1.29%)