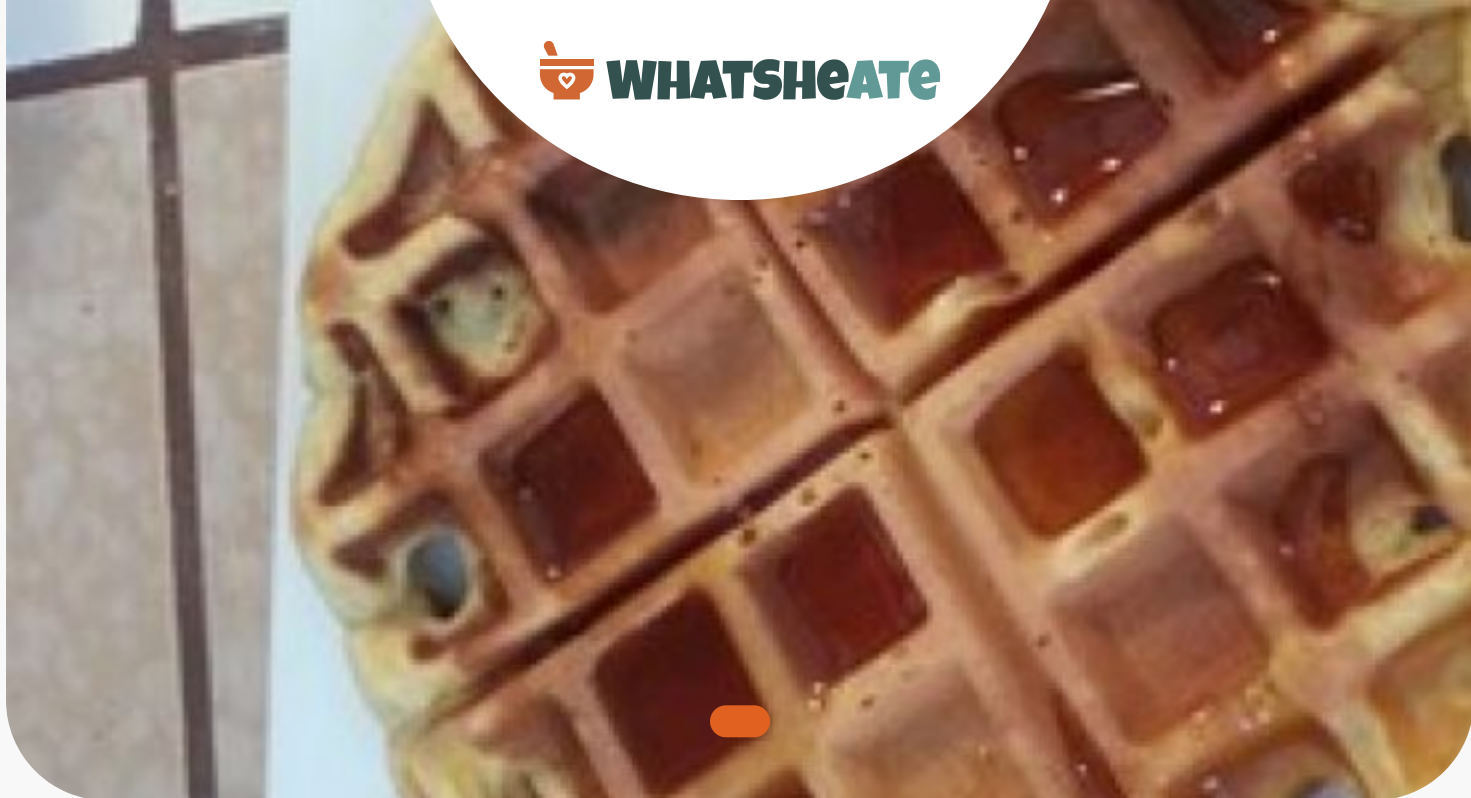




Sweet Potato Pecan Waffles

READY IN



40 min.

SERVINGS



6

CALORIES



300 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 3 tablespoons butter melted
- ☐ 1.5 cups cake flour
- ☐ 3 egg whites
- ☐ 3 egg yolks
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 cup milk
- ☐ 2 tablespoons pecans chopped
- ☐ 1 teaspoon salt

- ☐ 1 cup sweet potato puree canned
- ☐ 1 tablespoon sugar white

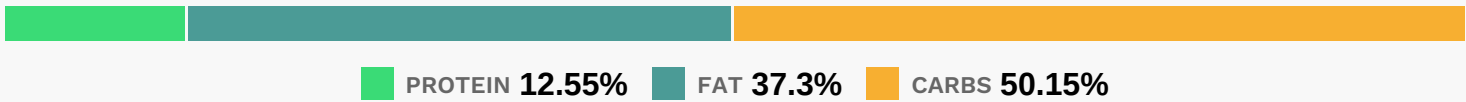
Equipment

- ☐ bowl
- ☐ waffle iron

Directions

- ☐ Stir together flour, baking powder, sugar, salt, nutmeg, and 1/4 cup pecans.
- ☐ Mix sweet potato puree, egg yolks, and milk in a large bowl until well combined.
- ☐ Add flour mixture, and mix well.
- ☐ Beat egg whites until stiff peaks form. Fold 1/4 of the egg whites into batter. Lightly fold remaining whites and melted butter into the batter.
- ☐ Cook in a hot waffle iron.
- ☐ Garnish with more chopped pecans.

Nutrition Facts



Properties

Glycemic Index:66.18, Glycemic Load:17.39, Inflammation Score:-10, Nutrition Score:14.951304440913%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 299.73kcal (14.99%), Fat: 12.51g (19.24%), Saturated Fat: 5.6g (34.99%), Carbohydrates: 37.84g (12.61%), Net Carbohydrates: 35.16g (12.78%), Sugar: 7.46g (8.29%), Cholesterol: 117.13mg (39.04%), Sodium: 706.76mg (30.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.47g (18.93%), Vitamin A: 9341.82IU (186.84%),

Manganese: 0.65mg (32.43%), Selenium: 21.53µg (30.76%), Calcium: 207.51mg (20.75%), Phosphorus: 189.38mg (18.94%), Vitamin B2: 0.25mg (14.41%), Vitamin C: 9.19mg (11.14%), Fiber: 2.68g (10.73%), Vitamin B6: 0.21mg (10.49%), Potassium: 365.21mg (10.43%), Vitamin B5: 1.04mg (10.35%), Copper: 0.19mg (9.34%), Vitamin B1: 0.14mg (9.18%), Magnesium: 32.73mg (8.18%), Vitamin B12: 0.42µg (7.01%), Folate: 28.05µg (7.01%), Iron: 1.18mg (6.56%), Zinc: 0.96mg (6.39%), Vitamin D: 0.93µg (6.22%), Vitamin E: 0.92mg (6.12%), Vitamin B3: 1.11mg (5.57%), Vitamin K: 1.96µg (1.87%)