

BREAKFAST

Sweet Potato Pecan Waffles

31 July 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	20 min	20 min	6	\$0.95	300 kcal



Sweet Potato Pecan Waffles requires about 40 minutes from start to finish. This breakfast has 300 calories, 9g of protein, and 13g of fat per serving. This recipe serves 6. For 95 cents per serving, this recipe covers 15% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 tablespoon baking powder
- ☐ 1½ cups cake flour
- ☐ 3 egg yolks
- ☐ 1 cup milk
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon white sugar
- ☐ 3 tablespoons butter, melted
- ☐ 3 egg whites
- ☐ 1 teaspoon ground nutmeg
- ☐ 2 tablespoons pecans, chopped
- ☐ 1 cup canned sweet potato puree

EQUIPMENT Bowl, Waffle iron

Method

- 1 Stir together flour, baking powder, sugar, salt, nutmeg, and 1/4 cup pecans.
- 2 Mix sweet potato puree, egg yolks, and milk in a large bowl until well combined.
- 3 Add flour mixture, and mix well.
- 4 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.
- 5 Cook in a hot waffle iron.
- 6 Garnish with more chopped pecans.

Nutrition per serving

300	9 g	13 g	38 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			5.6 g · 35% of daily needs
Fibre			2.7 g · 11% of daily needs
Sugar			7.5 g · 8% of daily needs
Sodium			707 mg · 31% of daily needs
Cholesterol			117 mg · 39% of daily needs
Vitamin C			9.2 mg · 11% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/sweet-potato-pecan-waffles-133803