



Sweet Potato Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



487 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 0.3 cup butter melted
- ☐ 6 egg whites at room temperature
- ☐ 1 cup milk
- ☐ 1 tablespoon orange rind grated
- ☐ 0.5 teaspoon salt

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1.5 cups sweet potatoes cubed peeled

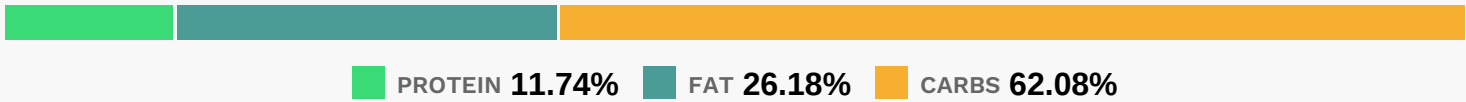
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ waffle iron
- ☐ steamer basket

Directions

- ☐ Watch how to make this recipe.
- ☐ Put cubed sweet potatoes in a steamer basket.
- ☐ Place the basket in a large pot of simmering water that is no closer than 2 inches from the bottom of steamer. Allow potatoes to steam for 20 minutes of until fork tender. Mash cooked potatoes and set aside.
- ☐ In a large bowl, whisk together flour, baking powder, and salt and set aside.
- ☐ In another bowl combine the sweet potatoes, milk, brown sugar, butter, and grated orange rind. Stir the sweet potato mixture into the flour mixture and thoroughly combine. Beat egg whites until stiff peaks form. Gradually fold egg whites into batter 1/3 at a time. The batter will be thick. Using a No. 20 disher (scoop), place 2 scoops of batter onto a preheated, oiled waffle iron, and cook until lightly browned, about 5 to 6 minutes.

Nutrition Facts



Properties

Glycemic Index:78.25, Glycemic Load:41.3, Inflammation Score:-10, Nutrition Score:20.179565180903%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 487.41kcal (24.37%), Fat: 14.18g (21.81%), Saturated Fat: 8.53g (53.33%), Carbohydrates: 75.61g (25.2%), Net Carbohydrates: 72.26g (26.28%), Sugar: 18.85g (20.95%), Cholesterol: 37.82mg (12.61%), Sodium: 830.37mg (36.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.3g (28.61%), Vitamin A: 7535.43IU (150.71%), Selenium: 31.97µg (45.68%), Vitamin B1: 0.57mg (37.87%), Vitamin B2: 0.63mg (36.89%), Folate: 122.67µg (30.67%), Calcium: 296.21mg (29.62%), Manganese: 0.57mg (28.61%), Phosphorus: 229.3mg (22.93%), Vitamin B3: 4.11mg (20.57%), Iron: 3.69mg (20.48%), Fiber: 3.35g (13.4%), Potassium: 425.34mg (12.15%), Magnesium: 41.16mg (10.29%), Vitamin B5: 1.03mg (10.27%), Copper: 0.18mg (9.23%), Vitamin B6: 0.18mg (9%), Vitamin B12: 0.39µg (6.57%), Zinc: 0.87mg (5.82%), Vitamin D: 0.67µg (4.47%), Vitamin C: 3.24mg (3.92%), Vitamin E: 0.53mg (3.54%), Vitamin K: 2.26µg (2.15%)