



 **15%**  
HEALTH SCORE

## Toasty Pumpkin Waffles

 Vegetarian

READY IN



30 min.

SERVINGS



3

CALORIES



1140 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1.5 cups flour all-purpose
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 1 teaspoon double-acting baking powder
- 0.3 teaspoon salt
- 1 large eggs lightly beaten room temperature
- 1.3 cups milk whole
- 0.7 cup pumpkin puree canned

- 4.5 teaspoons butter melted
- 0.3 cup pecans chopped
- 0.5 cup cranberries fresh
- 0.3 cup maple syrup
- 1 cup butter softened
- 1 serving maple syrup

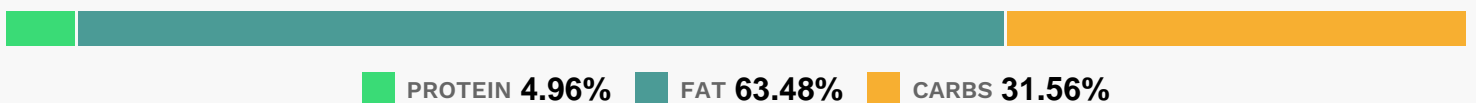
## Equipment

- bowl
- sauce pan
- oven
- whisk
- waffle iron

## Directions

- In a large bowl, combine the flour, brown sugar, baking powder and salt.
- Whisk the egg, milk, pumpkin and butter; stir into dry ingredients until blended. Fold in pecans.
- Bake in a preheated waffle maker according to manufacturer's directions until golden brown.
- Meanwhile, in a small saucepan, combine cranberries and syrup. Cook over medium heat until berries pop, about 10 minutes.
- Transfer to a small bowl; cool slightly. Beat in butter until blended.
- Serve waffles with maple cranberry butter, and syrup if desired. Refrigerate or freeze leftover butter.

## Nutrition Facts



## Properties

Glycemic Index:144.33, Glycemic Load:45.59, Inflammation Score:-10, Nutrition Score:28.483913048454%

## Flavonoids

Cyanidin: 9.04mg, Cyanidin: 9.04mg, Cyanidin: 9.04mg, Cyanidin: 9.04mg Delphinidin: 2.16mg, Delphinidin: 2.16mg, Delphinidin: 2.16mg, Delphinidin: 2.16mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

## Nutrients (% of daily need)

Calories: 1140.06kcal (57%), Fat: 81.79g (125.84%), Saturated Fat: 46.09g (288.04%), Carbohydrates: 91.49g (30.5%), Net Carbohydrates: 86.46g (31.44%), Sugar: 35.99g (39.99%), Cholesterol: 253.01mg (84.34%), Sodium: 941.75mg (40.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.39g (28.79%), Vitamin A: 10823.01IU (216.46%), Manganese: 1.9mg (94.87%), Vitamin B2: 1.03mg (60.44%), Vitamin B1: 0.68mg (45.03%), Selenium: 29.86µg (42.66%), Folate: 134.15µg (33.54%), Calcium: 309.31mg (30.93%), Phosphorus: 307.11mg (30.71%), Iron: 4.55mg (25.29%), Vitamin B3: 4.24mg (21.19%), Vitamin E: 3.16mg (21.06%), Fiber: 5.03g (20.13%), Magnesium: 65.91mg (16.48%), Copper: 0.32mg (16%), Vitamin K: 16.33µg (15.55%), Potassium: 523.8mg (14.97%), Vitamin B12: 0.84µg (13.98%), Vitamin B5: 1.38mg (13.82%), Zinc: 2.04mg (13.59%), Vitamin D: 1.45µg (9.68%), Vitamin B6: 0.19mg (9.45%), Vitamin C: 4.75mg (5.76%)