



## Vegan & Gluten-Free Buckwheat Waffles



Gluten Free



Dairy Free

READY IN



26 min.

SERVINGS



8

CALORIES



220 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 cup vanilla almond milk (any non-dairy milk)
- ☐ 2 teaspoons apple cider vinegar
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 cups buckwheat flour
- ☐ 0.3 cup oil
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water

- ☐ 5 tablespoons sugar white
- ☐ 0.5 cup cornmeal yellow (I used )

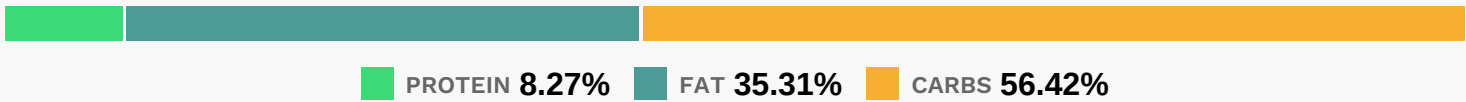
## Equipment

- ☐ whisk
- ☐ mixing bowl
- ☐ measuring cup
- ☐ waffle iron

## Directions

- ☐ In a liquid measuring mug, combine milk, water and vinegar; set it aside to curdle.In a large mixing bowl, mix together the dry ingredients and make a well in the center.
- ☐ Add the milk mixture, oil and vanilla extract to the well. Use whisk to mix the batter until smooth.
- ☐ Let batter rest for 10 minutes, while the waffle iron is preheating.Spray the iron with cooking spray. Use a 1/3rd measuring cup to scoop out the batter for each waffle and prepare waffles according to manufacturer’s directions.

## Nutrition Facts



## Properties

Glycemic Index:38, Glycemic Load:10.12, Inflammation Score:-4, Nutrition Score:8.5313043853511%

## Flavonoids

Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

## Nutrients (% of daily need)

Calories: 219.8kcal (10.99%), Fat: 8.89g (13.68%), Saturated Fat: 0.83g (5.2%), Carbohydrates: 31.97g (10.66%), Net Carbohydrates: 28.66g (10.42%), Sugar: 9.04g (10.04%), Cholesterol: 0mg (0%), Sodium: 270.63mg (11.77%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Protein: 4.69g (9.37%), Manganese: 0.53mg (26.27%), Magnesium: 67.8mg (16.95%), Vitamin E: 2.08mg (13.85%), Fiber: 3.3g (13.22%), Vitamin B3: 2.6mg (13.01%), Vitamin B6: 0.26mg

(12.92%), Phosphorus: 120.22mg (12.02%), Calcium: 111.08mg (11.11%), Vitamin B1: 0.14mg (9.47%), Copper: 0.18mg (9.11%), Iron: 1.47mg (8.19%), Zinc: 1.09mg (7.24%), Vitamin B2: 0.11mg (6.62%), Vitamin K: 6.59µg (6.27%), Folate: 24.97µg (6.24%), Potassium: 205.45mg (5.87%), Vitamin B12: 0.32µg (5.31%), Selenium: 2.61µg (3.72%), Vitamin C: 2.12mg (2.57%), Vitamin D: 0.35µg (2.36%), Vitamin A: 115.93IU (2.32%), Vitamin B5: 0.16mg (1.58%)