



## Waffle Eggwiches

 Gluten Free

READY IN



22 min.

SERVINGS



4

CALORIES



396 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 slices canadian bacon
- 2 ounces cheddar cheese very thin reduced-fat
- 3 large egg whites
- 2 large eggs
- 2 tablespoons chives fresh chopped
- 8 eggo homestyle waffles frozen toasted (such as Van's)
- 0.3 cup maple syrup pure
- 2 teaspoons olive oil divided

0.3 teaspoon pepper

## Equipment

bowl

frying pan

baking sheet

oven

whisk

## Directions

Preheat oven to 40

Heat 1 teaspoon olive oil in a medium nonstick skillet over medium-high heat; cook bacon 3 minutes or until golden, turning occasionally.

Transfer to a plate.

In a large bowl, combine eggs, egg whites, chives, and pepper; stir well with a whisk.

Add remaining 1 teaspoon oil to skillet; cook over medium-low heat, stirring until just cooked (about 5 minutes).

Arrange 4 waffles on a baking sheet; top each with 1/4 of scrambled eggs, bacon, and cheese. Top with remaining 4 waffles; bake in middle of oven until cheese is melted and waffles are crisp (about 4 minutes).

Drizzle with syrup; serve immediately.

## Nutrition Facts



**PROTEIN 16.95%** **FAT 40.09%** **CARBS 42.96%**

## Properties

Glycemic Index:35.13, Glycemic Load:5.07, Inflammation Score:-7, Nutrition Score:18.256087064743%

## Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 396.21kcal (19.81%), Fat: 17.63g (27.13%), Saturated Fat: 5.92g (37%), Carbohydrates: 42.51g (14.17%), Net Carbohydrates: 41.6g (15.13%), Sugar: 14.29g (15.88%), Cholesterol: 132.5mg (44.17%), Sodium: 710.23mg (30.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.77g (33.55%), Vitamin B2: 0.93mg (54.79%), Phosphorus: 372.93mg (37.29%), Vitamin B1: 0.46mg (30.35%), Calcium: 303.38mg (30.34%), Iron: 5.27mg (29.26%), Vitamin B12: 1.75µg (29.18%), Selenium: 20.22µg (28.88%), Vitamin A: 1407.71IU (28.15%), Vitamin B6: 0.54mg (26.93%), Vitamin B3: 5.24mg (26.19%), Manganese: 0.5mg (24.94%), Folate: 80.88µg (20.22%), Zinc: 1.55mg (10.33%), Magnesium: 28.94mg (7.24%), Potassium: 246.38mg (7.04%), Vitamin D: 1.05µg (7.03%), Vitamin B5: 0.57mg (5.7%), Vitamin K: 5.02µg (4.78%), Vitamin E: 0.69mg (4.61%), Fiber: 0.91g (3.64%), Copper: 0.04mg (1.94%), Vitamin C: 0.87mg (1.06%)