



## Waffle Stack

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



103 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

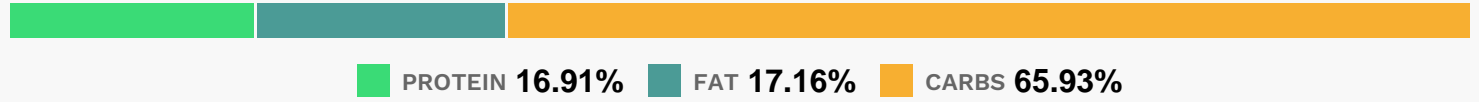
- 0.5 cup knudsen milkfat cottage cheese 2% low fat
- 2 waffles frozen toasted
- 2 slices kiwi fruit
- 0.3 cup raspberries and blueberries fresh
- 3 strawberries fresh sliced

## Equipment

# Directions

- Spread waffles with cottage cheese.
- Stack waffles on plate; top with fruit.

# Nutrition Facts



# Properties

Glycemic Index:26.53, Glycemic Load:4.69, Inflammation Score:-5, Nutrition Score:9.5217392431653%

# Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Petunidin: 2.34mg, Petunidin: 2.34mg, Petunidin: 2.34mg, Petunidin: 2.34mg Delphinidin: 2.64mg, Delphinidin: 2.64mg, Delphinidin: 2.64mg, Delphinidin: 2.64mg Malvidin: 5mg, Malvidin: 5mg, Malvidin: 5mg, Malvidin: 5mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Peonidin: 1.51mg, Peonidin: 1.51mg, Peonidin: 1.51mg, Peonidin: 1.51mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

# Nutrients (% of daily need)

Calories: 103.47kcal (5.17%), Fat: 2.07g (3.19%), Saturated Fat: 0.53g (3.34%), Carbohydrates: 17.89g (5.96%), Net Carbohydrates: 15.24g (5.54%), Sugar: 8.55g (9.51%), Cholesterol: 4.54mg (1.51%), Sodium: 177.54mg (7.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.18%), Vitamin C: 58.74mg (71.19%), Vitamin K: 30.63µg (29.17%), Fiber: 2.65g (10.6%), Phosphorus: 101.2mg (10.12%), Folate: 36.2µg (9.05%), Vitamin B2: 0.13mg (7.81%), Vitamin B6: 0.15mg (7.6%), Calcium: 73.06mg (7.31%), Vitamin E: 1mg (6.68%), Vitamin B12: 0.39µg (6.57%), Iron: 1.18mg (6.55%), Manganese: 0.12mg (6.19%), Vitamin B1: 0.09mg (6.16%), Vitamin B3: 1.21mg (6.04%), Vitamin A: 289.71IU (5.79%), Copper: 0.11mg (5.52%), Potassium: 190.75mg (5.45%), Magnesium: 16.41mg (4.1%), Selenium: 2.21µg (3.16%), Vitamin B5: 0.2mg (1.99%), Zinc: 0.28mg (1.86%)