



Waffles

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



241 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 eggs
- ☐ 2 cups flour whole wheat all-purpose
- ☐ 1 tablespoon sugar
- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 1.8 cups milk
- ☐ 0.5 cup vegetable oil melted
- ☐ 1 serving poached berries fresh

Equipment

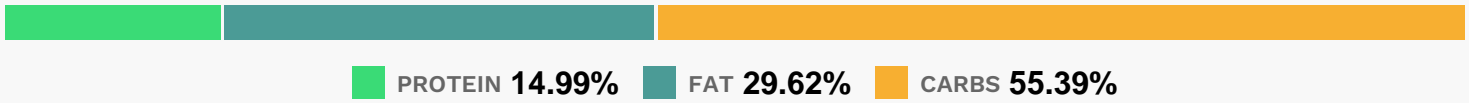
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ measuring cup
- ☐ butter knife
- ☐ waffle iron

Directions

- ☐ Heat waffle maker.
- ☐ Much like pancakes, you want your waffle batter to land on hot waffle grids, so the exterior crisps up — no one wants soggy waffles.
- ☐ In large bowl, beat eggs with wire whisk until fluffy.
- ☐ Using a bowl with a spout or a large measuring cup will make it easier to pour your batter onto the waffle maker.
- ☐ Beat in remaining ingredients, except berries, just until smooth.
- ☐ The best way to accurately measure flour is to give it a quick stir and then spoon it into the measuring cup. You'll want to fill it to heaping and then sweep the excess off the top with the flat edge of a butter knife.
- ☐ Pour slightly less than 3/4 cup batter onto center of hot waffle maker and close the lid.
- ☐ If your waffle maker doesn't have a nonstick coating, you may want to brush or spray it with a light coating of vegetable oil or melted butter — and reapply as needed throughout the cooking process.
- ☐ Note: you'll want to check the instructions that came with your waffle maker, as sizes vary, and they may recommend a smaller or larger amount of batter.
- ☐ Bake about 5 minutes or until steaming stops.
- ☐ Sometimes the indicator light on waffle makers aren't reliable, so we like to keep an eye on the steam coming out of the waffle maker. When the steam stops, check the waffle. It should be golden brown.
- ☐ Carefully remove waffle.

- ☐
- If your waffle is not golden brown on top, as is sometimes the case with some waffle makes, just flip it bottom-side up so that the beautiful, golden brown side is up.
- ☐
- Serve immediately. Top with fresh berries and syrup. Repeat with remaining batter.

Nutrition Facts



Properties

Glycemic Index:33.35, Glycemic Load:3.33, Inflammation Score:-4, Nutrition Score:15.275652357175%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 240.99kcal (12.05%), Fat: 8.31g (12.79%), Saturated Fat: 2.51g (15.68%), Carbohydrates: 34.97g (11.66%), Net Carbohydrates: 30.68g (11.16%), Sugar: 5.65g (6.28%), Cholesterol: 63.1mg (21.03%), Sodium: 428.25mg (18.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.47g (18.93%), Manganese: 1.63mg (81.73%), Selenium: 30.59µg (43.7%), Phosphorus: 302.16mg (30.22%), Calcium: 266.14mg (26.61%), Fiber: 4.29g (17.16%), Magnesium: 65.83mg (16.46%), Vitamin B1: 0.25mg (16.44%), Vitamin B2: 0.23mg (13.63%), Vitamin B6: 0.23mg (11.56%), Iron: 1.99mg (11.07%), Vitamin B3: 2.07mg (10.35%), Zinc: 1.52mg (10.15%), Copper: 0.18mg (8.79%), Vitamin B12: 0.51µg (8.58%), Potassium: 272.87mg (7.8%), Vitamin K: 7.73µg (7.36%), Vitamin B5: 0.73mg (7.32%), Vitamin D: 1.08µg (7.17%), Folate: 24.5µg (6.13%), Vitamin E: 0.77mg (5.14%), Vitamin A: 198.17IU (3.96%)