



Waffles with Two-Berry Syrup

READY IN



45 min.

SERVINGS



6

CALORIES



338 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 cups blueberries frozen
- ☐ 1.5 tablespoons canola oil
- ☐ 0.8 cup egg substitute
- ☐ 1.5 cups milk fat-free
- ☐ 2 tablespoons flaxseeds
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup maple syrup

- ☐ 1.5 cups raspberries unsweetened frozen
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup wheat germ toasted
- ☐ 0.5 cup flour whole-wheat

Equipment

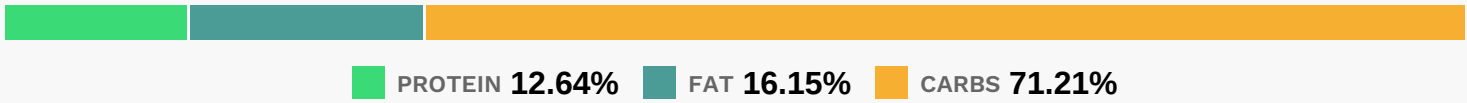
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ knife
- ☐ blender
- ☐ measuring cup
- ☐ toaster
- ☐ waffle iron

Directions

- ☐ To prepare waffles, place flaxseed in a clean coffee grinder or blender; process until ground to measure 1/4 cup flaxseed meal. Set the flaxseed meal aside. Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine the flaxseed meal, flours, wheat germ, sugar, baking powder, and salt in a large bowl; make a well in center of mixture.
- ☐ Combine milk, egg substitute, oil, and vanilla; add to flour mixture, stirring just until moist.
- ☐ Coat a waffle iron with cooking spray; preheat. Spoon about 1/4 cup of batter per 4-inch waffle onto the hot waffle iron, spreading batter to edges. Cook 5 to 6 minutes or until steaming stops; repeat procedure with remaining batter.
- ☐ To prepare syrup, combine berries, maple syrup, and ground cinnamon in a saucepan. Cook over medium heat until thoroughly heated.
- ☐ Serve warm over waffles.

☐ Note: Look for flaxseed, a grain rich in heart-healthy omega-3 fats, in health-food stores of large supermarkets. Freeze leftover waffles individually on a cookie sheet and then transfer to a zip-top freezer bag for storage. To reheat, place frozen waffles in toaster.

Nutrition Facts



Properties

Glycemic Index:68.31, Glycemic Load:24.37, Inflammation Score:-6, Nutrition Score:20.455217444378%

Flavonoids

Cyanidin: 16.86mg, Cyanidin: 16.86mg, Cyanidin: 16.86mg, Cyanidin: 16.86mg Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 7.54mg, Peonidin: 7.54mg, Peonidin: 7.54mg, Peonidin: 7.54mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 338.24kcal (16.91%), Fat: 6.21g (9.55%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 61.56g (20.52%), Net Carbohydrates: 55.5g (20.18%), Sugar: 29.01g (32.23%), Cholesterol: 1.84mg (0.61%), Sodium: 389.99mg (16.96%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Protein: 10.93g (21.86%), Manganese: 2.23mg (111.59%), Selenium: 31.63µg (45.18%), Vitamin B2: 0.71mg (41.97%), Vitamin B1: 0.47mg (31.33%), Fiber: 6.06g (24.24%), Phosphorus: 242.23mg (24.22%), Calcium: 218.44mg (21.84%), Folate: 73.44µg (18.36%), Magnesium: 69.51mg (17.38%), Iron: 2.87mg (15.96%), Vitamin C: 11.62mg (14.09%), Zinc: 2.09mg (13.9%), Vitamin B3: 2.63mg (13.14%), Potassium: 430.45mg (12.3%), Vitamin B6: 0.24mg (11.97%), Vitamin K: 12.46µg (11.87%), Vitamin B5: 1.15mg (11.54%), Vitamin E: 1.66mg (11.05%), Copper: 0.21mg (10.35%), Vitamin D: 1.15µg (7.69%), Vitamin B12: 0.46µg (7.62%), Vitamin A: 223.48IU (4.47%)