



Wake Up Your Waffle Sandwich

 Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



264 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 slices oscar mayer bacon cooked
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 bell pepper green cut into thin strips
- ☐ 6 singles kraft
- ☐ 2 cups complete pancake and waffle mix
- ☐ 2 plum tomatoes thinly sliced

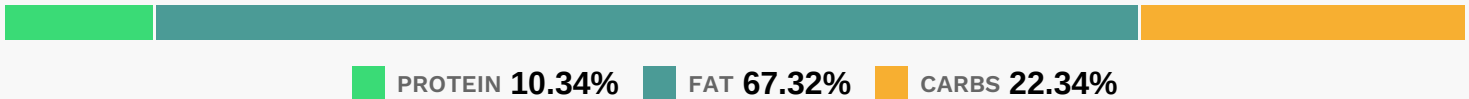
Equipment

☐ frying pan

Directions

- ☐ Prepare waffle batter and use to prepare 12 waffles as directed on package.
- ☐ Heat large skillet on medium heat. Meanwhile, fill waffles with all remaining ingredients except butter to make 6 sandwiches.
- ☐ Spread outsides of sandwiches with butter.
- ☐ Add sandwiches, in batches, to skillet; cook 3 min. on each side or until Singles are melted and sandwiches are golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:0.27, Inflammation Score:-6, Nutrition Score:7.6199999503467%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 263.53kcal (13.18%), Fat: 19.77g (30.42%), Saturated Fat: 5.42g (33.85%), Carbohydrates: 14.76g (4.92%), Net Carbohydrates: 13.33g (4.85%), Sugar: 1.09g (1.21%), Cholesterol: 45.45mg (15.15%), Sodium: 468.58mg (20.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.67%), Vitamin C: 19.24mg (23.32%), Phosphorus: 187.97mg (18.8%), Vitamin A: 766.98IU (15.34%), Selenium: 8.67µg (12.39%), Vitamin B1: 0.17mg (11.21%), Calcium: 108.72mg (10.87%), Vitamin B2: 0.17mg (9.97%), Vitamin B6: 0.17mg (8.34%), Vitamin B3: 1.65mg (8.23%), Potassium: 223.29mg (6.38%), Fiber: 1.43g (5.72%), Manganese: 0.11mg (5.68%), Folate: 21.19µg (5.3%), Vitamin K: 5.17µg (4.92%), Zinc: 0.67mg (4.49%), Vitamin B12: 0.27µg (4.45%), Iron: 0.79mg (4.38%), Magnesium: 16.89mg (4.22%), Vitamin E: 0.59mg (3.93%), Vitamin B5: 0.39mg (3.91%), Copper: 0.06mg (2.82%)