



Wednesday Waffles

 Vegetarian

READY IN



65 min.

SERVINGS



24

CALORIES



281 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 1 cup canola oil
- ☐ 8 eggs beaten
- ☐ 2 cups flax seed meal
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon ground cinnamon
- ☐ 2 cups milk powder dry
- ☐ 1 teaspoon salt

- ☐ 1 cup apple sauce unsweetened
- ☐ 4 teaspoons vanilla extract
- ☐ 7 cups water
- ☐ 1 cup wheat germ
- ☐ 0.3 cup sugar white
- ☐ 4 cups pastry flour whole wheat

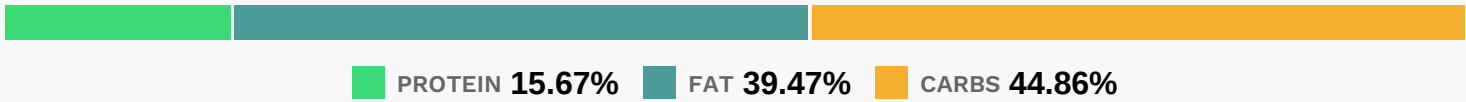
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ waffle iron

Directions

- ☐ Spray a waffle iron with cooking spray and preheat according to manufacturer's instructions.
- ☐ Beat eggs, water, canola oil, applesauce, and vanilla extract in a large bowl thoroughly combined.
- ☐ Whisk whole wheat pastry flour, dry milk powder, flax seed meal, wheat germ, all-purpose flour, 1/4 cup plus 4 teaspoons baking powder, sugar, cinnamon, and salt in a separate large bowl until thoroughly combined.
- ☐ Mix dry ingredients into wet ingredients 1 cup at a time to make a smooth batter.
- ☐ Ladle 1/2 cup batter, or amount recommended by manufacturer, into preheated waffle iron; close lid and cook waffle until crisp and browned, 3 to 5 minutes. Repeat with remaining batter.

Nutrition Facts



Properties

Glycemic Index:13.3, Glycemic Load:6.41, Inflammation Score:-6, Nutrition Score:18.400869706403%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 281.18kcal (14.06%), Fat: 12.77g (19.65%), Saturated Fat: 3.04g (19.01%), Carbohydrates: 32.67g (10.89%), Net Carbohydrates: 25.82g (9.39%), Sugar: 7.58g (8.42%), Cholesterol: 64.91mg (21.64%), Sodium: 236.81mg (10.3%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 11.41g (22.83%), Manganese: 1.89mg (94.41%), Selenium: 27.6µg (39.43%), Phosphorus: 330.15mg (33.02%), Vitamin B1: 0.49mg (32.6%), Fiber: 6.84g (27.37%), Magnesium: 104.55mg (26.14%), Calcium: 194.09mg (19.41%), Vitamin B2: 0.3mg (17.84%), Copper: 0.33mg (16.25%), Zinc: 2.29mg (15.25%), Iron: 2.46mg (13.66%), Folate: 54.56µg (13.64%), Vitamin B6: 0.27mg (13.48%), Potassium: 401.56mg (11.47%), Vitamin B3: 2.13mg (10.66%), Vitamin D: 1.41µg (9.42%), Vitamin B5: 0.86mg (8.56%), Vitamin B12: 0.48µg (7.95%), Vitamin E: 0.75mg (5.02%), Vitamin A: 184.56IU (3.69%), Vitamin K: 2.73µg (2.6%), Vitamin C: 1.11mg (1.35%)