



Whole-Grain Buttermilk Waffles

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



284 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup all-bran cereal
- 1.3 cups buttermilk
- 1 eggs slightly beaten
- 2 tablespoons vegetable oil
- 1 teaspoon vanilla
- 0.8 cup flour whole wheat all-purpose
- 1 tablespoon sugar
- 0.5 teaspoon double-acting baking powder

- 0.5 teaspoon baking soda
- 0.3 teaspoon salt
- 1 serving maple syrup
- 1 serving raspberries fresh

Equipment

- food processor
- bowl
- oven
- ziploc bags
- rolling pin
- meat tenderizer
- waffle iron

Directions

- Heat waffle maker.
- Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor).
- In large bowl, mix crushed cereal and buttermilk; let stand 5 minutes. Stir in egg, oil and vanilla. Stir in remaining ingredients except syrup and raspberries just until smooth. (Batter will be thick.)
- For each waffle, brush hot waffle maker with vegetable oil.
- Spread batter onto center of hot waffle maker. (Waffle makers vary in size; check manufacturer's directions for recommended amount of batter.) Close lid of waffle maker.
- Bake about 5 minutes or until steaming stops and waffle is golden brown. Carefully remove waffle.
- Serve immediately. Repeat with remaining batter.
- Serve with maple syrup and raspberries.

Nutrition Facts



■ PROTEIN 11.14% ■ FAT 33.98% ■ CARBS 54.88%

Properties

Glycemic Index:93.81, Glycemic Load:20.84, Inflammation Score:-8, Nutrition Score:27.577826437743%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 283.79kcal (14.19%), Fat: 11.43g (17.58%), Saturated Fat: 3.02g (18.85%), Carbohydrates: 41.53g (13.84%), Net Carbohydrates: 35.38g (12.87%), Sugar: 12.98g (14.42%), Cholesterol: 49.17mg (16.39%), Sodium: 470.69mg (20.46%), Alcohol: 0.34g (100%), Alcohol %: 0.28% (100%), Protein: 8.43g (16.85%), Vitamin B6: 1.92mg (96.23%), Manganese: 1.53mg (76.64%), Folate: 258.01µg (64.5%), Vitamin B12: 3.36µg (55.95%), Vitamin B2: 0.79mg (46.22%), Vitamin B1: 0.58mg (38.91%), Phosphorus: 304.46mg (30.45%), Fiber: 6.15g (24.6%), Iron: 4.2mg (23.33%), Selenium: 15.6µg (22.29%), Calcium: 195.03mg (19.5%), Vitamin B3: 3.85mg (19.26%), Magnesium: 74.69mg (18.67%), Zinc: 2.61mg (17.42%), Vitamin K: 14.81µg (14.1%), Vitamin D: 1.86µg (12.41%), Copper: 0.24mg (11.81%), Potassium: 335.18mg (9.58%), Vitamin A: 458.89IU (9.18%), Vitamin C: 7.03mg (8.52%), Vitamin B5: 0.77mg (7.7%), Vitamin E: 1.05mg (7.02%)