



Whole-Grain Waffles

 Vegetarian

READY IN



15 min.

SERVINGS



3

CALORIES



330 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 cup eggs fat-free
- 1.3 cups skim milk fat-free (skim)
- 0.5 cup flour all-purpose
- 0.5 cup flour whole wheat
- 3 servings powdered sugar
- 0.5 cup oats
- 1 tablespoon vegetable oil

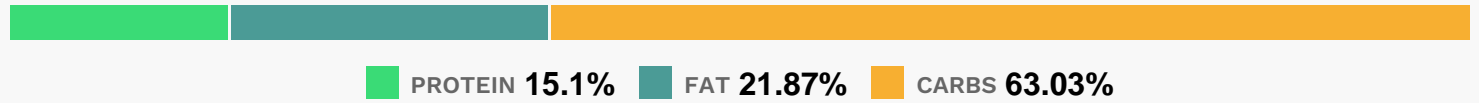
Equipment

- bowl
- oven
- waffle iron

Directions

- Heat nonstick waffle maker. In large bowl, mix all-purpose flour, whole wheat flour, oats and baking powder.
- In small bowl, mix milk, egg product and oil until well blended.
- Add to flour mixture all at once; stir just until large lumps disappear.
- Spread batter in hot waffle maker; bake until waffle is golden brown and steaming stops.
- Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:88.42, Glycemic Load:18.66, Inflammation Score:-6, Nutrition Score:17.610869594242%

Nutrients (% of daily need)

Calories: 329.54kcal (16.48%), Fat: 8.17g (12.57%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 53g (17.67%), Net Carbohydrates: 49.02g (17.83%), Sugar: 13.38g (14.87%), Cholesterol: 78.39mg (26.13%), Sodium: 213.32mg (9.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.7g (25.4%), Manganese: 1.55mg (77.29%), Selenium: 32.33µg (46.18%), Phosphorus: 334.33mg (33.43%), Vitamin B1: 0.4mg (26.81%), Calcium: 240.79mg (24.08%), Vitamin B2: 0.38mg (22.35%), Magnesium: 83.51mg (20.88%), Fiber: 3.98g (15.9%), Folate: 62.81µg (15.7%), Iron: 2.82mg (15.67%), Vitamin B12: 0.77µg (12.87%), Vitamin B3: 2.47mg (12.34%), Zinc: 1.82mg (12.13%), Vitamin D: 1.53µg (10.19%), Vitamin B6: 0.2mg (9.89%), Vitamin B5: 0.98mg (9.83%), Potassium: 342.12mg (9.77%), Copper: 0.18mg (8.97%), Vitamin K: 9.27µg (8.83%), Vitamin A: 319.4IU (6.39%), Vitamin E: 0.83mg (5.55%)