



Whole Wheat-Granola Waffles

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



312 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup flour whole wheat
- ☐ 0.5 cup cereal
- ☐ 1.5 cups milk
- ☐ 2 tablespoons brown sugar packed
- ☐ 2 tablespoons vegetable oil
- ☐ 1 eggs
- ☐ 1.5 cups berries mixed fresh sliced (raspberries, blueberries, strawberries)
- ☐ 0.8 cup maple syrup

☐ 2 cups frangelico

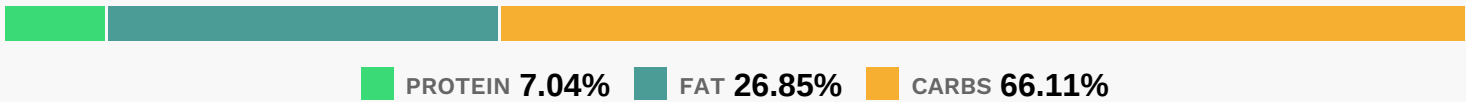
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ waffle iron

Directions

- ☐ Heat waffle maker. (Waffle makers without a nonstick coating may need to be brushed with vegetable oil or sprayed with cooking spray.) In medium bowl, stir all ingredients except berries and syrup with wire whisk or fork until blended.
- ☐ For each waffle, pour batter onto center of hot waffle maker. (Check manufacturer’s directions for recommended amount of batter.) Close lid of waffle maker.
- ☐ Bake 3 to 5 minutes or until steaming stops. Carefully remove waffle.
- ☐ Serve waffles with berries and syrup.

Nutrition Facts



Properties

Glycemic Index:12.42, Glycemic Load:10.98, Inflammation Score:-3, Nutrition Score:12.376086815544%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 312.28kcal (15.61%), Fat: 9.51g (14.64%), Saturated Fat: 2.34g (14.65%), Carbohydrates: 52.7g (17.57%), Net Carbohydrates: 50.06g (18.2%), Sugar: 36.35g (40.39%), Cholesterol: 34.6mg (11.53%), Sodium: 42.28mg (1.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Manganese: 1.67mg (83.45%), Vitamin B2: 0.68mg (39.88%), Selenium: 11.44µg (16.34%), Vitamin K: 15.53µg (14.79%), Phosphorus: 146.14mg (14.61%), Calcium: 141.57mg (14.16%), Fiber: 2.64g (10.58%), Vitamin B1: 0.16mg (10.52%), Magnesium: 41.9mg (10.48%), Potassium: 294.17mg (8.4%), Vitamin E: 1.13mg (7.51%), Zinc: 1.12mg (7.45%), Vitamin B12: 0.4µg (6.7%), Vitamin B6: 0.13mg (6.35%), Iron: 1.07mg (5.97%), Vitamin D: 0.82µg (5.45%), Vitamin B5: 0.51mg (5.12%), Copper: 0.09mg (4.55%), Vitamin B3: 0.9mg (4.5%), Folate: 14.06µg (3.51%), Vitamin A: 157.15IU (3.14%), Vitamin C: 0.98mg (1.19%)