



Whole-Wheat Peanut Butter Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



338 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.5 cup creamy peanut butter
- ☐ 2 eggs beaten
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 tablespoons sugar
- ☐ 0.3 cup vegetable oil
- ☐ 2.3 cups milk whole
- ☐ 2.3 cups flour whole-wheat

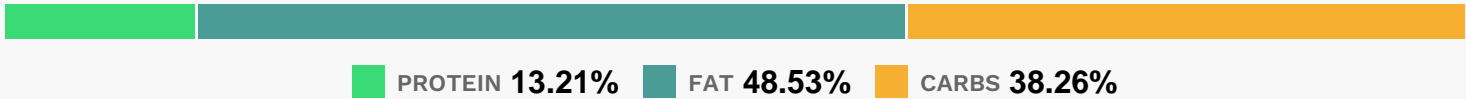
Equipment

- ☐ bowl
- ☐ ladle
- ☐ hand mixer
- ☐ toothpicks
- ☐ waffle iron

Directions

- ☐ In the bowl of an electric mixer fitted with the paddle attachment, combine the first 8 ingredients.
- ☐ Preheat a waffle iron. When it is hot, spray its surface lightly with the cooking spray or brush it with the butter.
- ☐ Fill a medium-size ladle with batter and pour it onto the waffle iron. Cook until the waffle is golden brown and a toothpick inserted into the middle comes out clean, approximately 3 to 5 minutes.
- ☐ Serve hot with maple syrup and butter or fresh berries.
- ☐ For rainy-day baking, keep a bag of whole-wheat flour on hand in the refrigerator (it has a shorter shelf life than white flour, but the fridge will help extend it). Substitute it for half of whatever amount of white flour the recipe calls for to make cookies, muffins, pies, or cakes. And keep whole-wheat pasta, bread, and English muffins on hand to make kid-pleasers like whole-wheat mac-and-cheese, grilled cheese, or mini pizzas.

Nutrition Facts



Properties

Glycemic Index:26.76, Glycemic Load:3.69, Inflammation Score:-5, Nutrition Score:16.439565046974%

Nutrients (% of daily need)

Calories: 337.87kcal (16.89%), Fat: 19.15g (29.45%), Saturated Fat: 4.43g (27.71%), Carbohydrates: 33.96g (11.32%), Net Carbohydrates: 29.58g (10.75%), Sugar: 7.42g (8.24%), Cholesterol: 49.15mg (16.39%), Sodium: 396.24mg

(17.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.45%), Manganese: 1.62mg (80.77%), Selenium: 26.22µg (37.45%), Phosphorus: 310.06mg (31.01%), Calcium: 227.53mg (22.75%), Magnesium: 83.59mg (20.9%), Vitamin B3: 3.9mg (19.49%), Fiber: 4.39g (17.56%), Vitamin E: 2.42mg (16.1%), Vitamin B1: 0.23mg (15.63%), Vitamin B2: 0.23mg (13.64%), Vitamin B6: 0.27mg (13.48%), Vitamin K: 13.46µg (12.82%), Zinc: 1.71mg (11.41%), Copper: 0.22mg (10.76%), Iron: 1.91mg (10.61%), Potassium: 332.04mg (9.49%), Folate: 33.89µg (8.47%), Vitamin B5: 0.8mg (7.99%), Vitamin B12: 0.47µg (7.81%), Vitamin D: 0.97µg (6.5%), Vitamin A: 173.61IU (3.47%)