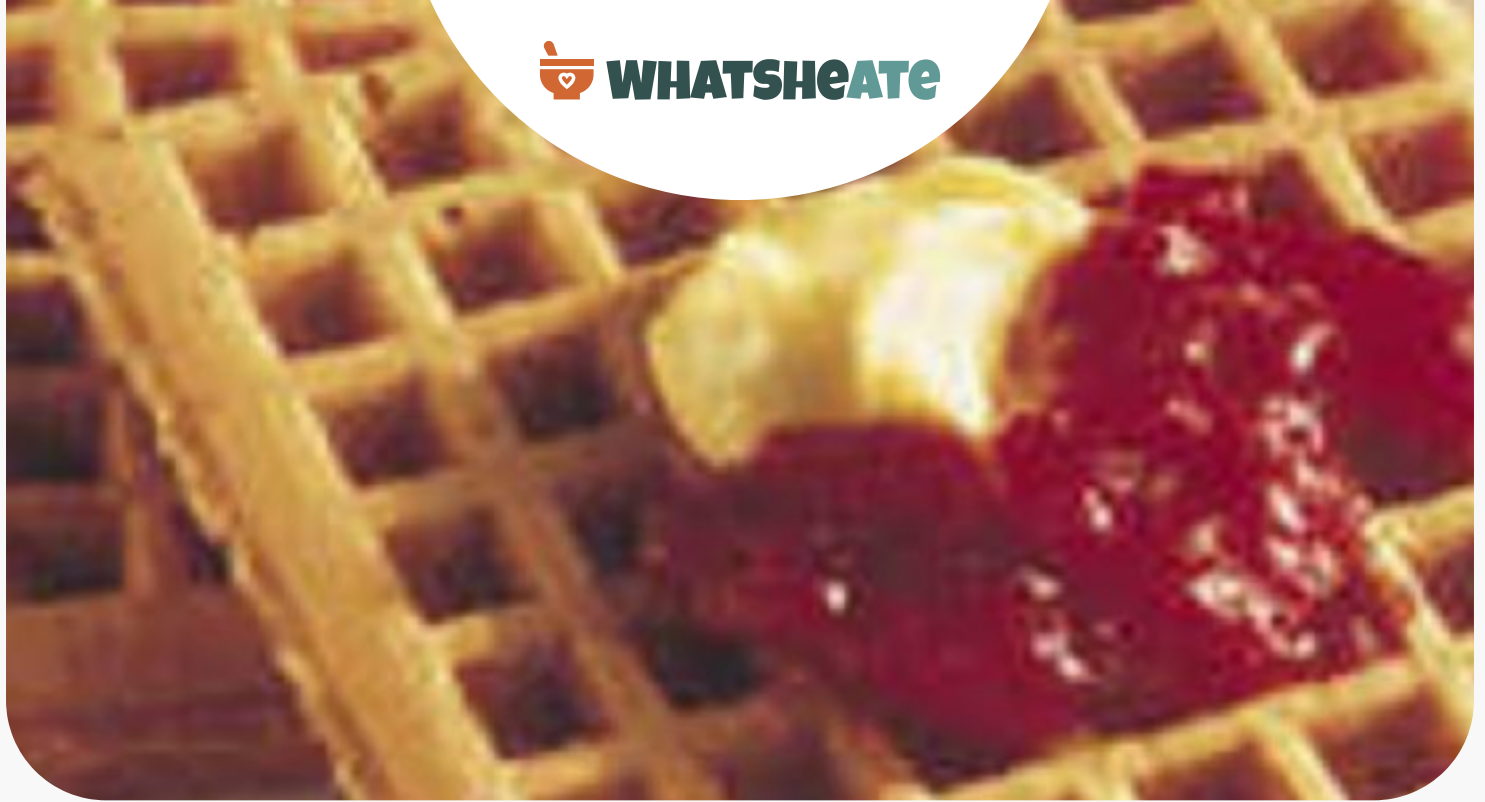




Whole Wheat Waffles



Vegetarian

READY IN



20 min.

SERVINGS



12

CALORIES



68 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 eggs
- ☐ 0.5 cup flour whole wheat
- ☐ 1.5 cups milk
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups frangelico
- ☐ 2 cups frangelico

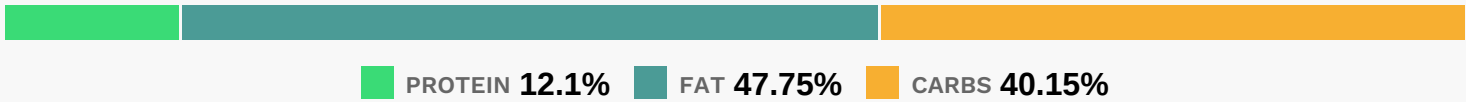
Equipment

- ☐ oven
- ☐ waffle iron

Directions

- ☐ Heat waffle iron; grease with cooking spray, vegetable oil or shortening.
- ☐ Stir ingredients until blended.
- ☐ Pour onto center of hot waffle iron. Close lid of waffle iron.
- ☐ Bake about 5 minutes or until steaming stops. Carefully remove waffle.

Nutrition Facts



Properties

Glycemic Index:9.01, Glycemic Load:1.94, Inflammation Score:-1, Nutrition Score:2.8352173877799%

Nutrients (% of daily need)

Calories: 68.28kcal (3.41%), Fat: 3.72g (5.73%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 7.04g (2.35%), Net Carbohydrates: 6.51g (2.37%), Sugar: 3.5g (3.89%), Cholesterol: 17.3mg (5.77%), Sodium: 16.92mg (0.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.25%), Manganese: 0.21mg (10.28%), Selenium: 4.81µg (6.87%), Phosphorus: 55.92mg (5.59%), Vitamin K: 4.37µg (4.16%), Calcium: 41.29mg (4.13%), Vitamin B2: 0.07mg (3.97%), Vitamin B12: 0.2µg (3.29%), Vitamin B1: 0.04mg (2.91%), Magnesium: 10.95mg (2.74%), Vitamin D: 0.41µg (2.73%), Vitamin B6: 0.05mg (2.26%), Fiber: 0.54g (2.14%), Zinc: 0.3mg (2.02%), Vitamin B5: 0.2mg (2%), Potassium: 69mg (1.97%), Vitamin E: 0.27mg (1.83%), Vitamin B3: 0.28mg (1.41%), Vitamin A: 69.66IU (1.39%), Iron: 0.25mg (1.36%), Copper: 0.02mg (1.18%)