

## Whole Wheat Waffles with Honey-Peanut Butter Syrup

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



570 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 3 egg whites
- 1 cup flour whole wheat
- 1 cup flour all-purpose
- 2 cups buttermilk
- 1 tablespoon sugar
- 3 tablespoons vegetable oil
- 2 teaspoons double-acting baking powder

- 0.3 teaspoon salt
- 1 cup honey
- 0.5 cup creamy peanut butter

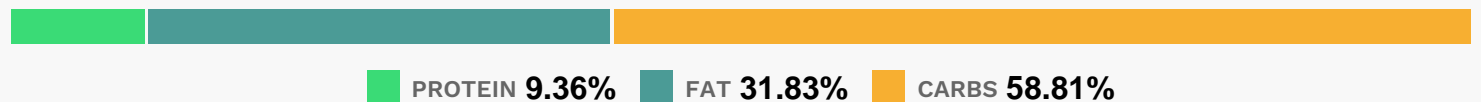
## Equipment

- bowl
- oven
- microwave
- waffle iron

## Directions

- Heat waffle maker. If necessary, brush with vegetable oil before batter for each waffle is added (or spray with cooking spray before heating). In medium bowl, beat egg whites with egg beater until foamy. Beat in remaining waffle ingredients just until smooth.
- Pour about 3/4 cup batter from cup or pitcher onto center of hot waffle maker. (Check manufacturer's directions for recommended amount of batter.) Close lid of waffle maker.
- Bake about 5 minutes or until steaming stops. Carefully remove waffle. Repeat with remaining batter.
- Meanwhile, in small microwavable bowl, mix honey and peanut butter. Microwave uncovered on High 40 to 60 seconds or until warm; stir until smooth.
- Serve with waffles.

## Nutrition Facts



## Properties

Glycemic Index:55.73, Glycemic Load:39.25, Inflammation Score:-5, Nutrition Score:16.966086951287%

## Nutrients (% of daily need)

Calories: 569.87kcal (28.49%), Fat: 21.17g (32.57%), Saturated Fat: 4.85g (30.29%), Carbohydrates: 88.02g (29.34%), Net Carbohydrates: 84.17g (30.61%), Sugar: 54.79g (60.88%), Cholesterol: 8.8mg (2.93%), Sodium: 442.46mg (19.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14g (28.01%), Manganese: 1.32mg (66.06%),

Selenium: 26.73µg (38.19%), Phosphorus: 268.51mg (26.85%), Vitamin B3: 5.24mg (26.19%), Vitamin B2: 0.4mg (23.66%), Vitamin B1: 0.33mg (22.12%), Magnesium: 79.46mg (19.87%), Calcium: 195.33mg (19.53%), Vitamin E: 2.73mg (18.17%), Folate: 71.14µg (17.79%), Fiber: 3.85g (15.4%), Iron: 2.48mg (13.79%), Vitamin K: 13.25µg (12.62%), Copper: 0.25mg (12.32%), Vitamin B6: 0.23mg (11.46%), Zinc: 1.65mg (10.97%), Potassium: 378.31mg (10.81%), Vitamin B5: 0.81mg (8.11%), Vitamin D: 1.04µg (6.93%), Vitamin B12: 0.38µg (6.36%), Vitamin A: 133.8IU (2.68%)