

Wonderful Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



360 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup butter
- ☐ 2 cups buttermilk
- ☐ 3 egg whites
- ☐ 3 egg yolks
- ☐ 2.3 cups flour all-purpose

☐ 0.5 teaspoon salt

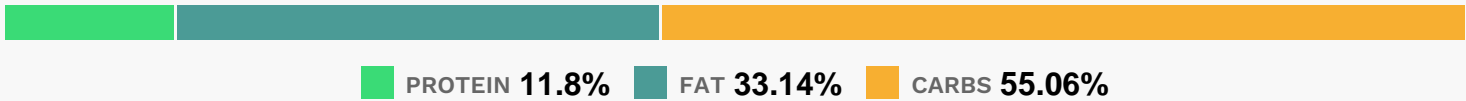
Equipment

- ☐ bowl
- ☐ ladle
- ☐ mixing bowl
- ☐ waffle iron

Directions

- ☐ Preheat waffle iron. In a medium bowl, sift together flour, baking soda, baking powder and salt; set aside.
- ☐ In a large bowl, cream butter and brown sugar until light and fluffy. Beat in egg yolks. Blend in flour mixture alternately with buttermilk.
- ☐ In a large glass or metal mixing bowl, beat egg whites until stiff peaks form. Fold 1/3 of the whites into the batter, then quickly fold in remaining whites until no streaks remain.
- ☐ Spray waffle iron with non-stick cooking spray, or lightly brush with oil. Ladle the batter onto preheated waffle iron. Cook the waffles until golden and crisp.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:27.26, Inflammation Score:-5, Nutrition Score:11.935652027959%

Nutrients (% of daily need)

Calories: 360.01kcal (18%), Fat: 13.19g (20.29%), Saturated Fat: 7.31g (45.71%), Carbohydrates: 49.29g (16.43%), Net Carbohydrates: 48.02g (17.46%), Sugar: 13.08g (14.54%), Cholesterol: 126.34mg (42.11%), Sodium: 624.4mg (27.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.14%), Selenium: 27.1µg (38.71%), Vitamin B2: 0.49mg (28.57%), Vitamin B1: 0.42mg (28.17%), Folate: 103.9µg (25.97%), Phosphorus: 173.22mg (17.32%), Manganese: 0.34mg (16.8%), Calcium: 160.86mg (16.09%), Iron: 2.6mg (14.44%), Vitamin B3: 2.87mg (14.36%), Vitamin D: 1.53µg (10.17%), Vitamin A: 498.14IU (9.96%), Vitamin B12: 0.57µg (9.55%), Vitamin B5: 0.83mg (8.29%), Potassium: 207.05mg (5.92%), Zinc: 0.86mg (5.7%), Magnesium: 21.61mg (5.4%), Copper: 0.1mg (5.12%), Fiber: 1.27g

(5.07%), Vitamin B6: 0.09mg (4.29%), Vitamin E: 0.54mg (3.57%), Vitamin K: 1.11µg (1.05%)