



World's Best Waffles

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



403 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 cup cornstarch
- ☐ 3 eggs separated
- ☐ 2.5 cups flour all-purpose
- ☐ 2.5 cups milk
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons vanilla
- ☐ 3 tablespoons vegetable oil

☐ 2 tablespoons sugar white

Equipment

☐ bowl

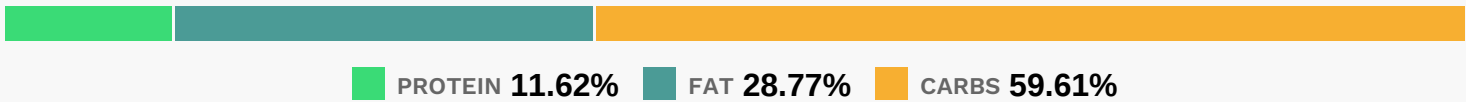
☐ ladle

☐ waffle iron

Directions

- ☐ Preheat a lightly greased waffle iron.
- ☐ In a large bowl, mix flour, cornstarch, baking powder, and salt.
- ☐ In a medium bowl, beat together egg yolks, milk, vanilla, and vegetable oil. Blend into the flour mixture to form a batter.
- ☐ In a medium bowl, whip egg whites with sugar until soft peaks form. Fold into the batter.
- ☐ 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:45.85, Glycemic Load:33.86, Inflammation Score:-5, Nutrition Score:14.031739151996%

Nutrients (% of daily need)

Calories: 403.1kcal (20.15%), Fat: 12.67g (19.5%), Saturated Fat: 3.7g (23.12%), Carbohydrates: 59.09g (19.7%), Net Carbohydrates: 57.59g (20.94%), Sugar: 9.27g (10.3%), Cholesterol: 94.04mg (31.35%), Sodium: 671.61mg (29.2%), Alcohol: 0.46g (100%), Alcohol %: 0.29% (100%), Protein: 11.52g (23.03%), Selenium: 26.67µg (38.1%), Vitamin B1: 0.47mg (31.65%), Vitamin B2: 0.5mg (29.42%), Folate: 105.65µg (26.41%), Calcium: 263.34mg (26.33%), Phosphorus: 247.78mg (24.78%), Manganese: 0.38mg (18.78%), Iron: 3.08mg (17.11%), Vitamin B3: 3.2mg (16.02%), Vitamin K: 13.03µg (12.41%), Vitamin B12: 0.74µg (12.41%), Vitamin D: 1.56µg (10.39%), Vitamin B5: 0.95mg (9.45%), Zinc: 1.07mg (7.16%), Potassium: 241.44mg (6.9%), Magnesium: 27.33mg (6.83%), Vitamin B6: 0.12mg (6.13%), Fiber: 1.51g (6.03%), Vitamin E: 0.87mg (5.8%), Vitamin A: 283.5IU (5.67%), Copper: 0.1mg (4.95%)