



## Yeast Raised Christmas Waffles

 Vegetarian

READY IN



95 min.

SERVINGS



4

CALORIES



655 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 ounce active yeast dry
- 0.5 cup butter melted
- 4 egg whites
- 4 egg yolks
- 2.5 cups flour all-purpose sifted
- 2 cups warm milk (110 degrees F/45 degrees C)
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

1 tablespoon sugar white

## Equipment

bowl

waffle iron

## Directions

In a small bowl, dissolve yeast in warm milk.

Let stand until creamy, about 10 minutes.

In a large bowl, mix the flour, salt, and sugar. Beat the egg yolks into the yeast mixture, and mix into the dry ingredients. Stir in the vanilla extract and melted butter.

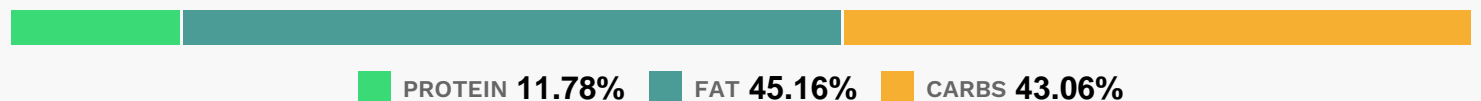
In a large glass or metal bowl, whip egg whites until stiff peaks form. Carefully fold into the waffle batter.

Let stand in a warm place about 45 minutes, or until doubled in size.

Preheat a Belgian-style waffle iron, and coat with cooking spray.

Place 3/4 to 1 cup of batter onto the hot iron; close the lid. Cook until the steaming subsides and the waffle is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:58.27, Glycemic Load:47.4, Inflammation Score:-8, Nutrition Score:21.747391182848%

## Nutrients (% of daily need)

Calories: 654.77kcal (32.74%), Fat: 32.65g (50.23%), Saturated Fat: 18.71g (116.95%), Carbohydrates: 70.04g (23.35%), Net Carbohydrates: 67.46g (24.53%), Sugar: 9.53g (10.59%), Cholesterol: 270.05mg (90.02%), Sodium: 435.18mg (18.92%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Protein: 19.16g (38.32%), Selenium: 45.32µg (64.75%), Vitamin B1: 0.91mg (60.73%), Folate: 212.76µg (53.19%), Vitamin B2: 0.86mg (50.77%), Phosphorus: 300.45mg (30.05%), Manganese: 0.56mg (27.96%), Vitamin B3: 5.5mg (27.52%), Vitamin A: 1166.29IU (23.33%), Iron: 4.19mg (23.27%), Calcium: 194.67mg (19.47%), Vitamin B12: 1.09µg (18.1%), Vitamin B5: 1.66mg (16.63%), Vitamin D: 2.31µg (15.43%), Zinc: 1.64mg (10.92%), Fiber: 2.59g (10.34%), Potassium: 360.41mg (10.3%), Vitamin B6: 0.2mg (10.05%), Magnesium: 37.68mg (9.42%), Vitamin E: 1.23mg (8.2%), Copper: 0.14mg (7.16%), Vitamin K: 2.72µg

(2.59%)