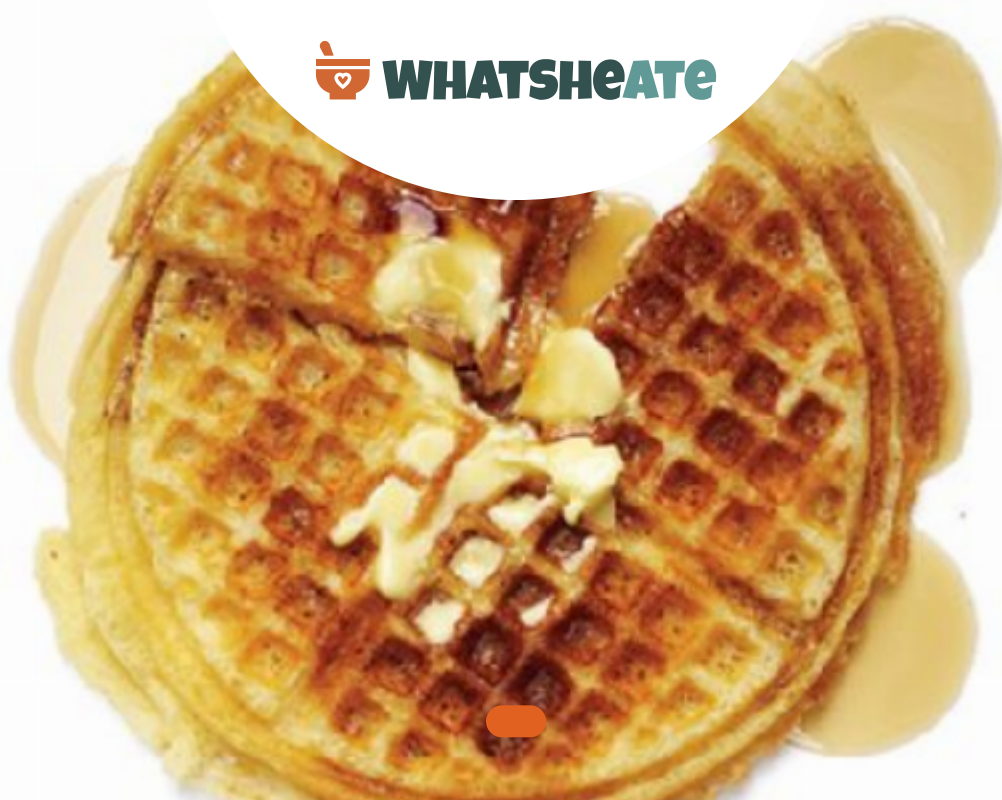




Yeasted Brown-Butter Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



399 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.3 teaspoon envelope active yeast dry
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup buttermilk
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.3 teaspoon kosher salt
- ☐ 8 servings maple syrup pure (for serving)
- ☐ 2 cups warm milk whole

- ☐ 2 tablespoons sugar
- ☐ 0.8 cup butter unsalted plus more for serving ()

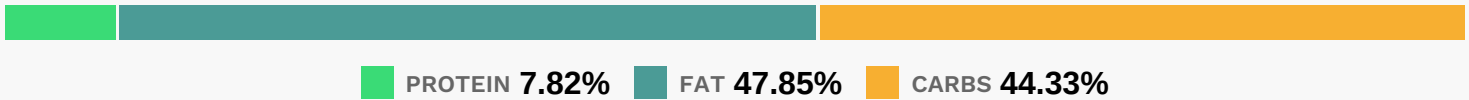
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ waffle iron

Directions

- ☐ Melt 3/4 cup butter in a medium saucepan over medium heat and cook, stirring often, until butter foams, then browns (do not burn), 5–8 minutes.
- ☐ Pour into a medium bowl; let cool.
- ☐ Whisk milk, buttermilk, sugar, yeast, and salt in a large bowl.
- ☐ Whisk in flour and brown butter; cover with plastic wrap and let batter sit at room temperature at least 8 hours and up to 12 hours.
- ☐ Heat waffle iron until very hot.
- ☐ Whisk eggs and baking soda into batter. Coat waffle iron with nonstick spray and pour batter onto waffle iron, spreading it to cover surface (amount of batter needed will vary according to machine). Cook waffles until golden brown and cooked through.
- ☐ Serve immediately with maple syrup and more butter.

Nutrition Facts



Properties

Glycemic Index:31.32, Glycemic Load:25.57, Inflammation Score:-6, Nutrition Score:11.648695614027%

Nutrients (% of daily need)

Calories: 398.51kcal (19.93%), Fat: 21.28g (32.74%), Saturated Fat: 12.8g (80%), Carbohydrates: 44.35g (14.78%), Net Carbohydrates: 43.28g (15.74%), Sugar: 18.79g (20.87%), Cholesterol: 101.22mg (33.74%), Sodium: 459.48mg (19.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.82g (15.64%), Vitamin B2: 0.62mg (36.37%), Manganese: 0.68mg (34.22%), Vitamin B1: 0.4mg (26.8%), Selenium: 16.45µg (23.49%), Folate: 84.93µg (21.23%), Vitamin A: 722.89IU (14.46%), Phosphorus: 143.54mg (14.35%), Calcium: 131.39mg (13.14%), Vitamin B3: 2.31mg (11.54%), Iron: 1.72mg (9.57%), Vitamin D: 1.44µg (9.57%), Vitamin B12: 0.55µg (9.11%), Vitamin B5: 0.75mg (7.55%), Potassium: 221.04mg (6.32%), Zinc: 0.92mg (6.11%), Magnesium: 22.3mg (5.58%), Vitamin B6: 0.09mg (4.57%), Vitamin E: 0.68mg (4.56%), Fiber: 1.08g (4.32%), Copper: 0.07mg (3.3%), Vitamin K: 1.85µg (1.76%)