



Yogurt-Pecan Waffles

READY IN



45 min.

SERVINGS



8

CALORIES



120 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup egg substitute
- 1 cup yogurt plain fat-free
- 1 cup flour all-purpose
- 2 tablespoons butter melted reduced-calorie
- 2 tablespoons pecans toasted finely chopped
- 0.3 teaspoon salt

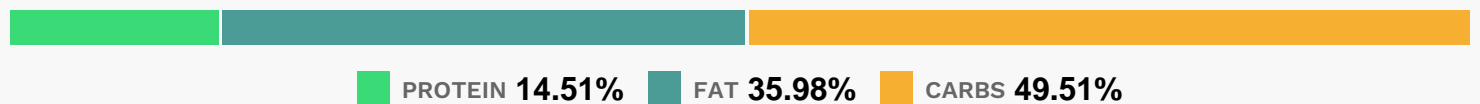
Equipment

- bowl
- frying pan
- baking sheet
- oven
- blender
- waffle iron

Directions

- Coat an 8-inch waffle iron with cooking spray and preheat.
- Combine flour and next 3 ingredients in a medium bowl.
- Combine yogurt, egg substitute, and margarine; add to dry ingredients, beating well with a mixer at medium speed. Stir in pecans.
- Pour 1 cup batter onto hot waffle iron, spreading batter to edges.
- Bake 4 to 5 minutes or until steaming stops.
- Cut each waffle into 4 squares.
- Serve with maple syrup, if desired (syrup not included in analysis).
- Tip: One of the best ways to bring out the flavor of nuts is to toast them. Just place any kind of whole or chopped nuts in a shallow pan or on a baking sheet, and bake at 350 for 6 to 8 minutes. Be sure to watch them carefully; they can go from toasted to burned very quickly.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:8.76, Inflammation Score:-3, Nutrition Score:5.0800000293099%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg

Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate:
0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate:
0.06mg

Nutrients (% of daily need)

Calories: 120.33kcal (6.02%), Fat: 4.83g (7.42%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 14.94g (4.98%), Net
Carbohydrates: 14.28g (5.19%), Sugar: 2.64g (2.94%), Cholesterol: 0.61mg (0.2%), Sodium: 265.89mg (11.56%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Selenium: 9.59µg (13.71%), Manganese: 0.22mg
(11.06%), Vitamin B1: 0.16mg (10.88%), Vitamin B2: 0.18mg (10.73%), Calcium: 100.99mg (10.1%), Phosphorus:
89.04mg (8.9%), Folate: 34.05µg (8.51%), Iron: 1.02mg (5.67%), Vitamin B3: 1mg (5.01%), Vitamin B5: 0.41mg
(4.14%), Zinc: 0.59mg (3.96%), Vitamin B12: 0.22µg (3.6%), Potassium: 122.62mg (3.5%), Magnesium: 13.65mg
(3.41%), Copper: 0.06mg (2.94%), Vitamin A: 145.61IU (2.91%), Fiber: 0.66g (2.65%), Vitamin B6: 0.04mg (1.93%),
Vitamin E: 0.27mg (1.81%)