



## Yogurt Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



277 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.8 cup flour all-purpose
- 0.5 cup flour whole-wheat
- 0.5 cup rolled oats (not quick-cooking)
- 0.8 teaspoon coarse salt
- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.3 cup brown sugar packed
- 3 tablespoons butter unsalted melted plus more for iron

- 3 large eggs
- 1.5 cups yogurt plain low-fat

## Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- waffle iron

## Directions

- In a large bowl, whisk together flours, oats, salt, baking powder, and baking soda. In another bowl, whisk together brown sugar, butter, eggs, and yogurt until smooth. Stir egg mixture into flour mixture and mix well to combine.
- Let batter sit 15 minutes.
- Heat waffle iron according to manufacturers instructions; brush with melted butter.
- Pour 1/2 cup batter onto iron and close; cook until waffle is golden brown and crisp, about 3 minutes.
- Transfer to a wire rack set on a baking sheet and place in low-temperature oven to keep warm; repeat with remaining batter.

## Nutrition Facts



PROTEIN 14.67% FAT 31.67% CARBS 53.66%

## Properties

Glycemic Index:34.5, Glycemic Load:10.52, Inflammation Score:-4, Nutrition Score:11.904782556969%

## Nutrients (% of daily need)

Calories: 276.55kcal (13.83%), Fat: 9.85g (15.15%), Saturated Fat: 5.13g (32.08%), Carbohydrates: 37.55g (12.52%), Net Carbohydrates: 35.38g (12.86%), Sugar: 13.45g (14.94%), Cholesterol: 111.72mg (37.24%), Sodium: 697.05mg

(30.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.26g (20.53%), Manganese: 0.77mg (38.75%), Selenium: 23.31µg (33.3%), Phosphorus: 249.24mg (24.92%), Calcium: 223.16mg (22.32%), Vitamin B2: 0.35mg (20.7%), Vitamin B1: 0.24mg (16.08%), Folate: 53.95µg (13.49%), Iron: 2.07mg (11.53%), Magnesium: 41.21mg (10.3%), Zinc: 1.49mg (9.95%), Vitamin B5: 0.97mg (9.69%), Vitamin B12: 0.58µg (9.62%), Fiber: 2.18g (8.71%), Vitamin B3: 1.6mg (7.98%), Potassium: 269.5mg (7.7%), Vitamin A: 342.07IU (6.84%), Vitamin B6: 0.13mg (6.54%), Copper: 0.12mg (6.08%), Vitamin D: 0.61µg (4.03%), Vitamin E: 0.55mg (3.68%), Vitamin K: 1.06µg (1.01%)