



Zucchini Oatmeal Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons butter melted
- ☐ 2 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 1.5 cups milk
- ☐ 1 cup quick-cooking oats
- ☐ 1 teaspoon salt

- ☐ 1.5 cups flour whole wheat
- ☐ 1 cup zucchini shredded

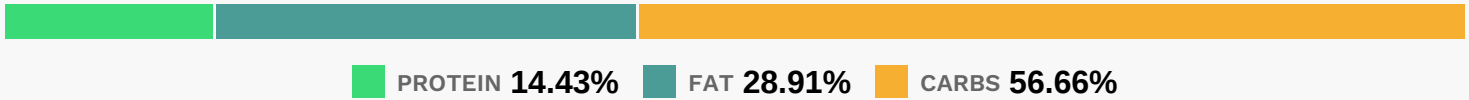
Equipment

- ☐ bowl
- ☐ ladle
- ☐ waffle iron

Directions

- ☐ Preheat a waffle iron according to manufacturer's instructions.
- ☐ Stir milk, zucchini, eggs, and butter in a bowl until evenly blended.
- ☐ Combine flour, oats, baking powder, brown sugar, salt, and cinnamon in another bowl; gradually stir flour mixture into zucchini mixture.
- ☐ Ladle batter into preheated waffle iron. Cook until waffles are golden and crisp, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:5.12, Inflammation Score:-4, Nutrition Score:12.299130320549%

Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 197.82kcal (9.89%), Fat: 6.66g (10.25%), Saturated Fat: 3.22g (20.11%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 25.71g (9.35%), Sugar: 5.78g (6.42%), Cholesterol: 53.94mg (17.98%), Sodium: 508.05mg (22.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.96%), Manganese: 1.43mg (71.49%), Selenium: 21.71µg (31.02%), Phosphorus: 234.61mg (23.46%), Magnesium: 68.69mg (17.17%), Calcium: 171.48mg (17.15%), Fiber: 3.65g (14.6%), Vitamin B1: 0.2mg (13.66%), Vitamin B2: 0.18mg (10.5%), Iron: 1.74mg (9.67%), Vitamin B6: 0.18mg (8.77%), Zinc: 1.3mg (8.65%), Copper: 0.15mg (7.45%), Potassium: 248.49mg (7.1%), Vitamin B3: 1.33mg (6.66%), Vitamin B5: 0.59mg (5.87%), Vitamin B12: 0.35µg (5.85%), Folate: 22.18µg (5.55%), Vitamin A: 254.74IU (5.09%), Vitamin D: 0.72µg (4.82%), Vitamin C: 2.78mg (3.37%), Vitamin E: 0.47mg (3.16%), Vitamin K: 1.91µg (1.82%)