

Nutritional Breakdown of a Standard Waffle (1 Waffle, approx. 9 inches)

Ingredients and Common Nutritional Values:

1. All-Purpose Flour (1 cup, approx. 120g)

- **Calories:** 455 kcal
- **Carbohydrates:** 95 g
 - **Sugars:** 0.3 g
 - **Dietary Fiber:** 3 g
- **Protein:** 12 g
- **Fat:** 1.5 g

2. Milk (1 cup, whole, approx. 240mL)

- **Calories:** 150 kcal
- **Carbohydrates:** 12 g
 - **Sugars:** 12 g
- **Protein:** 8 g
- **Fat:** 8 g

3. Egg (1 large)

- **Calories:** 70 kcal
- **Carbohydrates:** 1 g
 - **Sugars:** 0.6 g
- **Protein:** 6 g
- **Fat:** 5 g

4. Sugar (1 tablespoon, approx. 12.5g)

- **Calories:** 48 kcal
- **Carbohydrates:** 12 g
 - **Sugars:** 12 g
- **Protein:** 0 g
- **Fat:** 0 g

5. Baking Powder (1 tsp, approx. 4g)

- **Calories:** 2 kcal
- **Carbohydrates:** 1 g
- **Protein:** 0 g
- **Fat:** 0 g

6. Oil or Butter (1 tablespoon, approx. 14g)

- **Calories:** 100 kcal (varies based on type; olive oil, butter, etc.)
- **Carbohydrates:** 0 g
- **Protein:** 0 g
- **Fat:** 11 g

Total Nutritional Composition for One Waffle:

- **Total Calories:** ~825 kcal
- **Total Carbohydrates:** 121 g
- **Total Sugars:** 24 g
- **Dietary Fiber:** 3 g
- **Total Protein:** 26 g
- **Total Fat:** 25.5 g
 - **Saturated Fat:** Varies based on oil/butter usage

Nutritional Benefits:

1. Carbohydrates:

- Waffles primarily consist of carbohydrates, providing a quick source of energy. The inclusion of whole grains (if using whole wheat flour) can increase fiber content.

2. Protein:

- The addition of eggs and milk contributes to a substantial protein content. Protein is essential for muscle repair, growth, and overall bodily functions.

3. Fats:

- Fat content varies depending on the use of butter or oil. A moderate amount of healthy fats (like those from olive oil or nuts) is beneficial for nutrient absorption and heart health.

4. Vitamins and Minerals:

- Waffles provide essential vitamins and minerals, especially if made with whole grain flour or served with toppings like fresh fruits (which add vitamins, minerals, and antioxidants) or syrup (which can add minerals).

5. Flexibility:

- Waffles can be adapted to be more nutritious by incorporating ingredients like flaxseed, chia seeds, or protein powder, and can be served with toppings like yogurt or berries for added nutrients.

Considerations:

- **Added Sugars:** Many commercial waffles contain added sugars and preservatives; homemade waffles can allow for lower sugar content.
- **Portion Size:** If considering caloric intake, be mindful of toppings like syrup, whipped cream, or ice cream that can significantly increase calories.
- **Dietary Restrictions:** For individuals with dietary restrictions (gluten intolerance, lactose intolerance, etc.), alternative flours (almond, oat) and non-dairy milk can be used.

Conclusion:

Waffles can be part of a balanced diet if made thoughtfully. They provide a good mix of carbohydrates, proteins, and fats and can be nutritious if wholesomely prepared and portioned according to dietary

needs.