GLOBAL · BREAKFAST · LUNCH · SNACK

Crispy Sardine Waffles

30 min · Serves 1 · 327 kcal a serve · Video 12:12 · Ketogenic Woman

Carnivore · Gluten-free ingredients · No nuts listed

A whole can of bone-in sardines in a crisp, grab-and-go form: about 21 g of protein and rich in calcium, vitamin D, vitamin B12 and omega-3 fats.

Diet notes: Keto (0 g net carbs a serve); Paleo with a swap: leave out the butter; No dairy if you leave out the butter and ghee.

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Ingredients 5 · SERVES 1

- [ ] 1 can (106 g) **water-packed sardines**, skin and bones in, drained (about 85 g)
- [ ] 1 tbsp **ghee** (or tallow)
- [ ] 1 tsp **beef gelatin powder**
- [ ] a little **butter**, to serve (optional)
- [ ] **salt**, to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Drain the sardines, then spread them on paper towel to dry well; the drier they are, the crisper the waffles. 1:18
2. Preheat a mini waffle maker. Mash the sardines in a bowl, skin and bones included, with the ghee and the gelatin until evenly mixed. 2:08
3. Divide the mixture into three. Spread one portion in the waffle maker, flatten it, close the lid and cook about 7 minutes, until golden and crisp. 4:24
4. Lift it out carefully onto a rack (it firms up as it cools) and cook the other two the same way. 5:47
5. Top with a little butter if you like, sprinkle with salt and eat warm. 6:51

> **Tip** Makes 3 mini waffles, one serve. The cook found 1 tsp gelatin makes them crisper right through; they still work without it. Use water-packed sardines, since oil can smoke in a hot waffle maker.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
327 kcal	21 g	0 g	0 g	27 g	650 mg
1,370 kJ	42% of a day	0 g net · 0 g sugars	0% of a day	12 g saturated	28% of a day
		0% of a day		34% of a day	

Energy from net carbs 0% · protein 26% · fat 74% — fits keto: 0 g net carbs, 74% of the energy from fat

High in (20%+ of a day) Vitamin B12 316% · Omega-3 83% · Selenium 82% · Calcium 25% · Vitamin D 21%

Source of (10–19%) Vitamin A 19% · Vitamin E 15% · Iron 14% · Zinc 10%

Recipe and video: Ketogenic Woman (@KetogenicWoman) on YouTube — youtube.com/watch?v=zAMCtQQCi4Q, published 27 March 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/crispy-sardine-waffles