AMERICAN · BREAKFAST

Loaded Cauliflower Cheddar Waffles

30 min · Makes 3 × 2 waffles · 319 kcal a portion · Video 6:56 · Keto Connect

Gluten-free ingredients · No nuts listed

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Cauliflower, cheddar and flaxseed meal make grain-free waffles with 18 g protein and about 5 g net carbs a serve of two; the flax adds plant omega-3, and they are rich in vitamin C and selenium.

Diet notes: Keto (5.4 g net carbs a serve).

Ingredients 14 · MAKES 3 × 2 WAFFLES

- [ ] 300 g **cauliflower** (about ½ head), pulsed fine
- [ ] 2 slices cooked **bacon**, crumbled
- [ ] 84 g **cheddar**, finely grated
- [ ] 1½ tbsp chopped **chives**
- [ ] 2 large **eggs**
- [ ] ½ tsp **pink Himalayan salt**
- [ ] ¼ tsp **black pepper**
- [ ] ½ tsp **onion powder**
- [ ] ½ tsp **garlic powder**
- [ ] 60 ml **golden flaxseed meal** (up to 120 ml if the batter is wet)
- [ ] **Canola or vegetable oil**: cooking spray, for the waffle iron
- [ ] **sour cream**, to serve (optional, about 1 tbsp a serve)
- [ ] extra grated **cheddar**, to serve
- [ ] extra **chives**, to serve

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

Allergens found in the listed ingredients: Egg, 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. Pulse the cauliflower in a food processor in chunks until it looks like rice. 0:34
2. In a large bowl mix the cauliflower with the crumbled bacon, cheddar (keep a little back for the top), chives and eggs. 0:47
3. Season with the salt, pepper, onion powder and garlic powder, then mix in 60 ml flaxseed meal; add more, up to 120 ml, only if the batter is still wet. 2:13
4. Heat the waffle iron and spray it. Add about 80 ml of batter to the centre, close the lid firmly and cook 4–4½ minutes, until it stops steaming. 3:20
5. Lift the waffles out gently with a fork (they are fragile) and repeat — the batch makes 5–6 waffles. 4:36
6. Serve topped with sour cream, the extra cheddar and chives. 5:02

> **Tip** Two waffles a serve (our estimate): the cook's card makes 6 medium waffles, about 150 kcal each before toppings; the video got 5 smaller ones. Grate the cheese finely so it binds the waffles.

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

One portion (2 waffles) gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
319 kcal	18 g	10 g
1,330 kJ	36% of a day	5.4 g net · 3.2 g sugars
		4% of a day

FIBRE	FAT	SODIUM
4.8 g	24 g	750 mg
17% of a day	10 g saturated	33% of a day
	30% of a day	

Energy from net carbs 7% · protein 23% · fat 70% — fits keto: 5.4 g net carbs, 70% of the energy from fat

High in (20%+ of a day) Omega-3 145% · Vitamin C 55% · Selenium 38% · Vitamin B12 30% · Calcium 24% · Folate 23% · Zinc 21% · Vitamin B6 20%

Source of (10–19%) Vitamin K 19% · Vitamin A 18% · Magnesium 16% · Potassium 11% · Iron 10%

Recipe and video: Keto Connect (@KetoConnect) on YouTube — youtube.com/watch?v=d5fC5kph17s, published 14 September 2017. 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/loaded-cauliflower-cheddar-waffles