National Starch FOOD INNOVATION

Natural Hi-maize Resistant Starch

Cranberry Nut Waffles with Hi-maize® 260 resistant starch

Ingredients

- 1/3 cup Hi-maize 260 resistant starch
- 1-1/4 cup cultured low-fat buttermilk
- ¾ cup all purpose flour
- 2 medium eggs
- 3 Tablespoons canola oil
- 1-1/4 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1/3 cup dried cranberries, finely chopped
- 1/3 cup finely chopped walnuts

Directions

Makes approximately 8 waffles or 4 Belgian waffles

1. Combine all ingredients in a KitchenAid® mixer.
2. Mix on low speed for approximately 2 minutes or until batter is uniform.
3. Cook on waffle iron until golden brown.

For frozen waffles, cook the batter until waffles are lightly browned, firm and dry on the surface.

Freeze individually.

Re-heat in a convention oven, a toaster oven, or toaster.

Nutrition Facts

Serving Size (85g)
Servings Per Container

Amount Per Serving

Calories 170	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 280mg	**12%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 5g	**20%**
Sugars 6g	
Protein 5g	

Vitamin A 2%	• Vitamin C 0%
Calcium 8%	• Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4