



## Belgian Waffle's Secret Ingredient Is Beer

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



982 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 19 g double-acting baking powder
- ☐ 6 g baking soda
- ☐ 1 cup lager neutral well (220g; a mild, ale or lager works )
- ☐ 2 large eggs
- ☐ 270 g flour all-purpose
- ☐ 168 g milk
- ☐ 7 g salt
- ☐ 26 g sugar

- ☐ 70 g butter unsalted
- ☐ 8 g vanilla extract

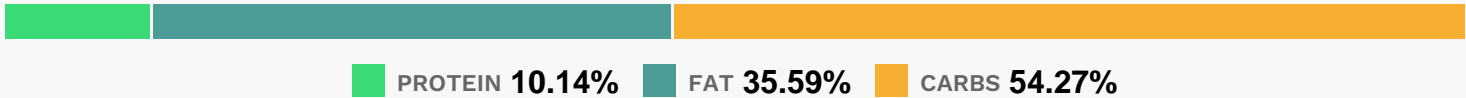
## Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ waffle iron

## Directions

- ☐ Whisk together all dry ingredients in a large mixing bowl to evenly distribute.
- ☐ Melt butter in a medium sauce pan.
- ☐ Add milk and beer and continue to heat until mixture is warm.
- ☐ Whisk vanilla extract into eggs. Slowly pour warm beer mixture into eggs, whisking constantly.
- ☐ Make a well in the center of the dry ingredients. Slowly pour beer-egg mixture into the well, whisking at the center of the well, gradually widening the diameter of your stroke until all dry ingredients have been incorporated. Continue to mix until only a very few lumps remain.
- ☐ Pour into a pre-heated, lightly greased waffle iron (the recipe was developed for use in a Belgian iron, but should work nicely in other types as well). Cook to desired doneness, and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:157.8, Glycemic Load:89.2, Inflammation Score:-9, Nutrition Score:31.830434944319%

## Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.09mg,

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Nutrients (% of daily need)

Calories: 981.59kcal (49.08%), Fat: 37.2g (57.23%), Saturated Fat: 21.32g (133.22%), Carbohydrates: 127.6g (42.53%), Net Carbohydrates: 123.93g (45.07%), Sugar: 18.09g (20.1%), Cholesterol: 271.33mg (90.44%), Sodium: 3299.01mg (143.44%), Alcohol: 5.98g (100%), Alcohol %: 1.67% (100%), Protein: 23.84g (47.69%), Selenium: 63.88µg (91.25%), Vitamin B1: 1.13mg (75.66%), Calcium: 724.32mg (72.43%), Folate: 278.68µg (69.67%), Vitamin B2: 1.06mg (62.29%), Phosphorus: 562.95mg (56.29%), Manganese: 0.96mg (48.16%), Iron: 8.24mg (45.77%), Vitamin B3: 8.73mg (43.67%), Vitamin A: 1280.73IU (25.61%), Vitamin B5: 1.76mg (17.59%), Vitamin B12: 0.98µg (16.36%), Vitamin D: 2.45µg (16.33%), Fiber: 3.66g (14.66%), Magnesium: 56.64mg (14.16%), Zinc: 1.99mg (13.25%), Vitamin B6: 0.25mg (12.6%), Copper: 0.25mg (12.43%), Potassium: 388.07mg (11.09%), Vitamin E: 1.46mg (9.73%), Vitamin K: 3.26µg (3.1%)