



Black Forest Waffles

READY IN



30 min.

SERVINGS



5

CALORIES



754 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon double-acting baking powder
- 1.8 cups cake flour
- 21 ounces cherry pie filling canned
- 3 tablespoons powdered sugar
- 2 eggs separated
- 5 servings mint fresh
- 1 cup heavy whipping cream
- 1 cup milk
- 0.5 teaspoon salt

- 3 tablespoons shortening
- 6 tablespoons sugar
- 2 ounces baker's chocolate unsweetened chopped

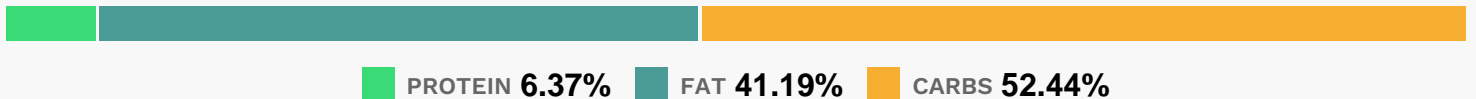
Equipment

- bowl
- oven
- whisk
- microwave
- waffle iron

Directions

- In a small bowl, beat cream until it begins to thicken.
- Add confectioners' sugar; beat until soft peaks form. Refrigerate until serving.
- In a microwave, melt chocolate and shortening; stir until smooth. Cool slightly. In a large bowl, whisk flour, sugar, baking powder and salt. In another bowl, whisk egg yolks and milk until blended. Stir in chocolate mixture.
- Add to dry ingredients; stir just until moistened.
- In a clean bowl, beat egg whites until stiff but not dry. Fold into batter.
- Bake in a preheated waffle iron according to manufacturer's directions until set.
- Serve with whipped cream and pie filling. If desired, top with sprinkles.

Nutrition Facts



Properties

Glycemic Index:53.42, Glycemic Load:32.08, Inflammation Score:-7, Nutrition Score:15.493043401967%

Flavonoids

Catechin: 7.29mg, Catechin: 7.29mg, Catechin: 7.29mg, Catechin: 7.29mg, Epicatechin: 16.08mg, Epicatechin: 16.08mg, Epicatechin: 16.08mg, Epicatechin: 16.08mg

Nutrients (% of daily need)

Calories: 753.54kcal (37.68%), Fat: 35.41g (54.47%), Saturated Fat: 18.6g (116.27%), Carbohydrates: 101.41g (33.8%), Net Carbohydrates: 97.76g (35.55%), Sugar: 32.21g (35.79%), Cholesterol: 125.12mg (41.71%), Sodium: 568.91mg (24.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.07mg (3.02%), Protein: 12.31g (24.63%), Manganese: 0.86mg (43.19%), Selenium: 26.64µg (38.06%), Copper: 0.56mg (28.08%), Calcium: 273.85mg (27.38%), Phosphorus: 269.98mg (27%), Vitamin A: 1118.78IU (22.38%), Iron: 3.29mg (18.28%), Vitamin B2: 0.3mg (17.5%), Magnesium: 68.31mg (17.08%), Fiber: 3.65g (14.61%), Zinc: 2.07mg (13.78%), Potassium: 406.51mg (11.61%), Vitamin D: 1.65µg (11%), Vitamin B5: 0.91mg (9.11%), Vitamin E: 1.34mg (8.92%), Vitamin B1: 0.13mg (8.46%), Vitamin B12: 0.5µg (8.27%), Folate: 32.55µg (8.14%), Vitamin B6: 0.14mg (6.99%), Vitamin K: 7.04µg (6.7%), Vitamin C: 4.57mg (5.54%), Vitamin B3: 0.85mg (4.26%)