



Carlie's Chocolate Oatmeal Waffles

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



353 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup butter melted
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 cups milk reduced-fat
- ☐ 1 cup quick-cooking oats
- ☐ 0.3 teaspoon salt

- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 0.5 cup sugar white

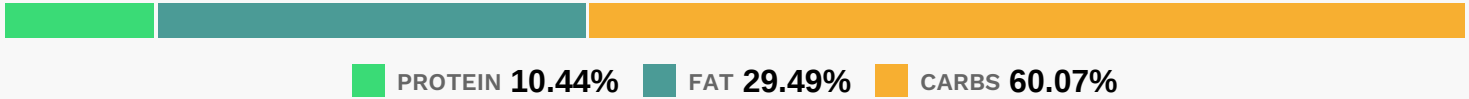
Equipment

- ☐ bowl
- ☐ whisk
- ☐ waffle iron

Directions

- ☐ Preheat a waffle iron according to manufacturer's instructions.
- ☐ Mix flour, oats, sugar, cocoa powder, baking powder, cinnamon, and salt in a large bowl.
- ☐ Whisk milk, eggs, and butter in another bowl; stir into flour mixture until batter is just combined.
- ☐ Pour batter into preheated waffle iron. Cook until golden brown, about 5 minutes per waffle.

Nutrition Facts



Properties

Glycemic Index:59.52, Glycemic Load:34.22, Inflammation Score:-6, Nutrition Score:12.531304412562%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 352.81kcal (17.64%), Fat: 11.87g (18.26%), Saturated Fat: 6.46g (40.39%), Carbohydrates: 54.37g (18.12%), Net Carbohydrates: 51.24g (18.63%), Sugar: 20g (22.22%), Cholesterol: 79.62mg (26.54%), Sodium: 278.67mg (12.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.75mg (1.92%), Protein: 9.45g (18.9%), Manganese: 0.93mg (46.63%), Selenium: 21.72µg (31.04%), Vitamin B1: 0.35mg (23.31%), Phosphorus: 214.3mg (21.43%), Vitamin B2: 0.36mg (21.13%), Folate: 72.45µg (18.11%), Magnesium: 64.56mg (16.14%), Iron: 2.79mg (15.51%), Calcium: 136.59mg (13.66%), Fiber: 3.13g (12.52%), Vitamin B3: 2.08mg (10.41%), Copper: 0.21mg (10.29%), Zinc: 1.31mg (8.72%), Vitamin B12: 0.46µg (7.66%), Vitamin A: 376.24IU (7.52%), Vitamin B5: 0.69mg (6.85%), Potassium:

226.13mg (6.46%), Vitamin B6: 0.08mg (3.91%), Vitamin E: 0.51mg (3.41%), Vitamin D: 0.29µg (1.96%), Vitamin K: 1.46µg (1.4%)