



Chocolate Belgian Waffles

READY IN



30 min.

SERVINGS



8

CALORIES



275 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 Tbsp butter
- 2 tsp calumet baking powder
- 0.5 cup knudsen cream sour
- 2 eggs beaten
- 1 cup flour
- 0.3 cup granulated sugar
- 0.8 cup milk
- 1 Tbsp powdered sugar
- 0.3 tsp salt

- 4 oz baker's semi-sweet chocolate
- 4 cups strawberries fresh sliced
- 1 tsp vanilla

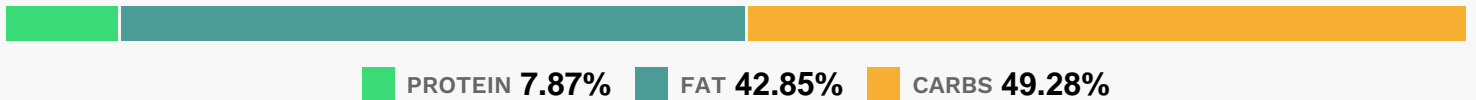
Equipment

- bowl
- microwave
- waffle iron

Directions

- Heat lightly greased Belgian waffle maker.
- Microwave chocolate and butter in small microwaveable bowl on HIGH 1 to 1-1/2 min. or until butter is melted. Stir until chocolate is completely melted and mixture is well blended.
- Combine flour, granulated sugar, baking powder and salt in large bowl.
- Add milk, sour cream, eggs and vanilla; mix well. Stir in chocolate mixture.
- Use batter to make 8 waffles as directed in manufacturer's directions.
- Serve warm topped with strawberries and powdered sugar.

Nutrition Facts



Properties

Glycemic Index:45.64, Glycemic Load:15.35, Inflammation Score:-5, Nutrition Score:11.346956553666%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate:

0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 275.48kcal (13.77%), Fat: 13.27g (20.41%), Saturated Fat: 7.2g (45.03%), Carbohydrates: 34.33g (11.44%), Net Carbohydrates: 31.34g (11.39%), Sugar: 17.68g (19.65%), Cholesterol: 60.63mg (20.21%), Sodium: 259.35mg (11.28%), Alcohol: 0.18g (100%), Alcohol %: 0.14% (100%), Caffeine: 12.19mg (4.06%), Protein: 5.48g (10.96%), Vitamin C: 42.47mg (51.47%), Manganese: 0.58mg (28.98%), Selenium: 11.2µg (16%), Phosphorus: 155.09mg (15.51%), Calcium: 145.94mg (14.59%), Folate: 52.01µg (13%), Iron: 2.26mg (12.57%), Vitamin B2: 0.21mg (12.3%), Copper: 0.25mg (12.29%), Fiber: 3g (11.99%), Vitamin B1: 0.16mg (10.99%), Magnesium: 43.72mg (10.93%), Potassium: 276.75mg (7.91%), Vitamin B3: 1.37mg (6.84%), Zinc: 0.87mg (5.82%), Vitamin A: 290.46IU (5.81%), Vitamin B5: 0.51mg (5.07%), Vitamin B12: 0.28µg (4.72%), Vitamin B6: 0.08mg (4.22%), Vitamin E: 0.57mg (3.77%), Vitamin D: 0.47µg (3.14%), Vitamin K: 3.22µg (3.06%)