



Chocolate Chip and Cinnamon Pizzelles

 Vegetarian

READY IN



23 min.

SERVINGS



6

CALORIES



294 kcal

DESSERT

Ingredients

- ☐ 4 tablespoons butter melted for greasing the pizzelle iron
- ☐ 0.5 cup chocolate chips mini
- ☐ 4 large egg whites at room temperature
- ☐ 0.7 cup flour
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon sea salt fine
- ☐ 0.7 cup sugar
- ☐ 2 teaspoons vanilla extract pure

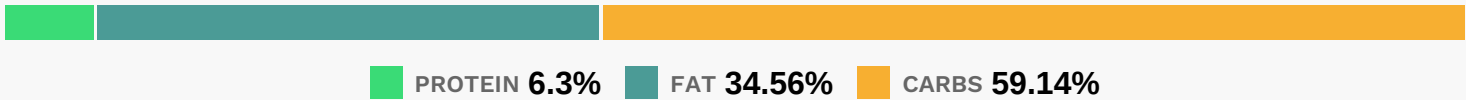
Equipment

- ☐ bowl
- ☐ whisk
- ☐ wire rack
- ☐ waffle iron

Directions

- ☐ Preheat the pizzelle iron to medium-high heat.
- ☐ Whisk the sugar, egg whites, vanilla, and salt in a large bowl until frothy.
- ☐ Whisk in the butter, flour, and cinnamon until blended. Stir in the chocolate chips.
- ☐ Brush the pizzelle cooking surfaces with melted butter. Spoon 1 tablespoon of batter in the center of the pizzelle iron. Close the iron and cook until deep golden, about 3 minutes.
- ☐ Transfer the pizzelles to a cooling rack. Cool completely. Store the pizzelles airtight at room temperature.
- ☐ Chef's Note: The batter can also be cooked in a preheated and lightly oiled waffle iron.
- ☐ Pour 1/2 cupfuls of batter into the waffle iron and cook for about 3 minutes.

Nutrition Facts



Properties

Glycemic Index:33.35, Glycemic Load:23.19, Inflammation Score:-2, Nutrition Score:3.4256521473112%

Nutrients (% of daily need)

Calories: 294.43kcal (14.72%), Fat: 11.32g (17.42%), Saturated Fat: 6.99g (43.69%), Carbohydrates: 43.6g (14.53%), Net Carbohydrates: 42.64g (15.5%), Sugar: 31.93g (35.48%), Cholesterol: 22.32mg (7.44%), Sodium: 301.18mg (13.09%), Alcohol: 0.46g (100%), Alcohol %: 0.69% (100%), Protein: 4.64g (9.29%), Selenium: 9.35µg (13.35%), Vitamin B2: 0.17mg (10.23%), Manganese: 0.16mg (7.99%), Vitamin B1: 0.11mg (7.37%), Folate: 26.6µg (6.65%), Vitamin A: 267.82IU (5.36%), Iron: 0.89mg (4.95%), Vitamin B3: 0.86mg (4.29%), Fiber: 0.96g (3.83%), Calcium: 27.09mg (2.71%), Phosphorus: 20.83mg (2.08%), Potassium: 56.86mg (1.62%), Vitamin E: 0.23mg (1.55%), Magnesium: 6.03mg (1.51%), Copper: 0.03mg (1.44%), Vitamin B5: 0.11mg (1.15%)