



## Chocolate Chip Waffles

READY IN



8 min.

SERVINGS



5

CALORIES



575 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 0.3 cup canola oil
- ☐ 0.5 cup chocolate chips
- ☐ 3 cups flour all-purpose
- ☐ 2 cups rice milk whole
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar

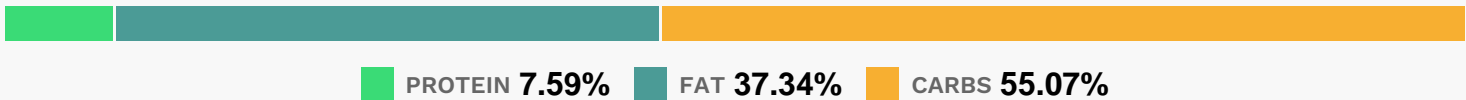
## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ waffle iron

## Directions

- ☐ Place a plate in oven and preheat to 200F. Preheat waffle iron (to medium, if it has temperature settings). In a large bowl, whisk flour, baking powder, sugar and salt. In a medium bowl, whisk milk, oil and 1/4 cup water.
- ☐ Pour milk mixture into flour mixture and whisk until smooth. Stir in chocolate chips.
- ☐ Mist waffle iron with cooking spray.
- ☐ Pour as much batter onto waffle iron as manufacturer recommends (usually about 1/2 cup). Close iron and cook until waffle is golden and puffed, 2 to 3 minutes.
- ☐ Place on plate in oven.
- ☐ Repeat with remaining batter. Between making individual waffles, wipe iron periodically with a paper towel to remove bits of chocolate and mist iron with cooking spray.
- ☐ Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:55.02, Glycemic Load:47.7, Inflammation Score:-5, Nutrition Score:16.629565228587%

## Nutrients (% of daily need)

Calories: 574.59kcal (28.73%), Fat: 23.95g (36.85%), Saturated Fat: 6.25g (39.03%), Carbohydrates: 79.47g (26.49%), Net Carbohydrates: 77.44g (28.16%), Sugar: 19.97g (22.19%), Cholesterol: 11.71mg (3.9%), Sodium: 1012.53mg (44.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.95g (21.9%), Vitamin B1: 0.64mg (42.89%), Calcium: 426.54mg (42.65%), Selenium: 27.32µg (39.03%), Folate: 137.25µg (34.31%), Vitamin B2: 0.51mg (29.77%), Phosphorus: 284.74mg (28.47%), Manganese: 0.52mg (25.87%), Vitamin B3: 4.53mg (22.65%), Iron: 4.02mg (22.31%), Vitamin E: 2.71mg (18.05%), Vitamin K: 11.17µg (10.63%), Vitamin B12: 0.53µg (8.78%), Fiber: 2.03g (8.14%), Potassium: 279.23mg (7.98%), Magnesium: 29.52mg (7.38%), Vitamin D: 1.07µg (7.16%), Vitamin B5:

0.69mg (6.93%), Zinc: 0.93mg (6.18%), Copper: 0.11mg (5.51%), Vitamin B6: 0.09mg (4.63%), Vitamin A: 158.11IU (3.16%)