



## Chocolate Chip Waffles

READY IN



45 min.

SERVINGS



6

CALORIES



307 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 tablespoon butter melted
- ☐ 1 large egg white
- ☐ 1 large egg yolk
- ☐ 1.5 cups milk fat-free
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup semisweet chocolate minichips
- ☐ 1 tablespoon sugar

☐ 1 teaspoon vanilla extract

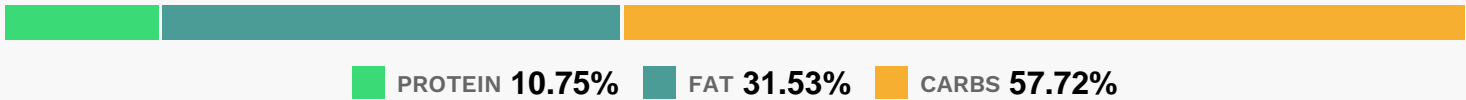
## Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup
- ☐ waffle iron

## Directions

- ☐ Coat a waffle iron with cooking spray, and preheat.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and salt in a large bowl.
- ☐ Place milk, butter, vanilla, and egg yolk in a bowl; stir with a whisk.
- ☐ Add to flour mixture, stirring until blended. Beat egg white and sugar with a mixer at high speed until stiff peaks form. Fold into flour mixture. Fold in minichips.
- ☐ Spoon about 1/2 cup batter onto hot waffle iron, spreading batter to edges. Cook 3 to 5 minutes or until done; repeat procedure with remaining batter.

## Nutrition Facts



## Properties

Glycemic Index:53.39, Glycemic Load:22.86, Inflammation Score:-5, Nutrition Score:11.346087035925%

## Nutrients (% of daily need)

Calories: 306.73kcal (15.34%), Fat: 10.62g (16.34%), Saturated Fat: 5.9g (36.88%), Carbohydrates: 43.74g (14.58%), Net Carbohydrates: 41.18g (14.97%), Sugar: 12.57g (13.96%), Cholesterol: 38.64mg (12.88%), Sodium: 388.51mg (16.89%), Alcohol: 0.23g (100%), Alcohol %: 0.22% (100%), Caffeine: 16.96mg (5.65%), Protein: 8.14g (16.29%), Manganese: 0.52mg (25.81%), Selenium: 17.97µg (25.67%), Vitamin B1: 0.33mg (22.15%), Phosphorus: 197.86mg (19.79%), Vitamin B2: 0.31mg (18.29%), Calcium: 181.7mg (18.17%), Folate: 72.37µg (18.09%), Iron: 3.17mg (17.61%),

Copper: 0.3mg (15.21%), Magnesium: 51.31mg (12.83%), Vitamin B3: 2.4mg (12%), Fiber: 2.56g (10.26%), Potassium: 267.03mg (7.63%), Vitamin B12: 0.45µg (7.58%), Zinc: 1.12mg (7.49%), Vitamin D: 0.83µg (5.51%), Vitamin B5: 0.54mg (5.35%), Vitamin A: 233.97IU (4.68%), Vitamin B6: 0.07mg (3.44%), Vitamin E: 0.27mg (1.77%), Vitamin K: 1.71µg (1.63%)