



Chocolate Chip Waffles with Orange Cream

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



328 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup whipping cream
- ☐ 2 tablespoons powdered sugar
- ☐ 2 tablespoons orange juice concentrate frozen thawed
- ☐ 2 tablespoons powdered sugar
- ☐ 2 tablespoons orange zest grated
- ☐ 1.3 cups milk
- ☐ 2 tablespoons vegetable oil
- ☐ 1 eggs

- ☐ 0.5 cup semisweet chocolate chips miniature
- ☐ 2 cups frangelico

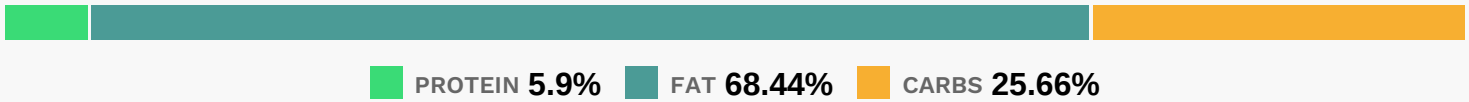
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ waffle iron

Directions

- ☐ In chilled small bowl, beat whipping cream and 2 tablespoons powdered sugar with electric mixer on high speed just until soft and fluffy. Beat in juice concentrate until blended. Refrigerate while making waffles.
- ☐ Heat waffle iron. (Waffle irons without a nonstick coating may need to be brushed with vegetable oil or sprayed with cooking spray.) In medium bowl, mix all waffle ingredients except chocolate chips with wire whisk or fork until blended. Stir in chocolate chips.
- ☐ For each waffle, pour batter onto center of hot waffle iron. (Check manufacturer's directions for recommended amount of batter.) Close lid of waffle iron.
- ☐ Bake 3 to 5 minutes or until steaming stops. Carefully remove waffle.
- ☐ Serve waffles with orange cream.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:0.96, Inflammation Score:-5, Nutrition Score:8.0095652030862%

Nutrients (% of daily need)

Calories: 328.38kcal (16.42%), Fat: 25.27g (38.88%), Saturated Fat: 13.12g (81.99%), Carbohydrates: 21.32g (7.11%), Net Carbohydrates: 19.48g (7.09%), Sugar: 17.42g (19.36%), Cholesterol: 68.59mg (22.86%), Sodium: 41.53mg (1.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 16.96mg (5.65%), Protein: 4.9g (9.8%), Phosphorus:

141.23mg (14.12%), Manganese: 0.27mg (13.42%), Copper: 0.26mg (13.01%), Vitamin C: 10.05mg (12.18%), Vitamin A: 601.7IU (12.03%), Magnesium: 46.33mg (11.58%), Vitamin B2: 0.19mg (10.9%), Calcium: 107.81mg (10.78%), Vitamin K: 10.91µg (10.39%), Selenium: 5.9µg (8.43%), Vitamin D: 1.22µg (8.13%), Iron: 1.44mg (8%), Potassium: 266.85mg (7.62%), Fiber: 1.84g (7.35%), Vitamin B12: 0.44µg (7.35%), Zinc: 0.92mg (6.16%), Vitamin E: 0.9mg (6%), Vitamin B5: 0.49mg (4.87%), Vitamin B1: 0.06mg (4.1%), Vitamin B6: 0.08mg (3.95%), Folate: 9.03µg (2.26%), Vitamin B3: 0.32mg (1.59%)