

 food  
network

## Chocolate Waffle

READY IN



30 min.

SERVINGS



6

CALORIES



411 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 16 ounces buttermilk room temperature
- 4 ounces chocolate chips
- 1.5 ounces cocoa powder
- 7 ounces flour all-purpose
- 1 teaspoon salt
- 1.8 ounces sugar
- 2 ounces butter unsalted cooled melted

- 1 teaspoon vanilla extract pure
- 3 eggs whole beaten

## Equipment

- bowl
- ladle
- oven
- whisk
- waffle iron

## Directions

- Preheat waffle iron according to manufacturer's directions.
- In a medium bowl whisk together the flour, sugar, cocoa powder, baking powder, salt, and baking soda. In another bowl beat together the eggs and melted butter and vanilla, and then add the buttermilk.
- Add the wet ingredients to the dry and stir in the chocolate chips just until combined. Allow to rest for 5 minutes.
- Ladle the recommended amount of waffle batter onto the center of the iron. Close the iron top and cook until the waffle is crispy on both sides and is easily removed from iron.
- Serve immediately or keep warm in a 200 degree F oven until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:44.68, Glycemic Load:25.34, Inflammation Score:-6, Nutrition Score:12.904782632123%

## Flavonoids

Catechin: 4.59mg, Catechin: 4.59mg, Catechin: 4.59mg, Catechin: 4.59mg Epicatechin: 13.92mg, Epicatechin: 13.92mg, Epicatechin: 13.92mg, Epicatechin: 13.92mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## Nutrients (% of daily need)

Calories: 411.24kcal (20.56%), Fat: 18.98g (29.2%), Saturated Fat: 10.98g (68.61%), Carbohydrates: 53.85g (17.95%), Net Carbohydrates: 50.33g (18.3%), Sugar: 23.13g (25.69%), Cholesterol: 110.47mg (36.82%), Sodium: 663.4mg (28.84%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Caffeine: 16.3mg (5.43%), Protein: 10.09g (20.17%), Selenium: 21.92µg (31.32%), Manganese: 0.51mg (25.5%), Vitamin B2: 0.42mg (24.5%), Phosphorus: 212.48mg (21.25%), Vitamin B1: 0.31mg (20.67%), Folate: 77.2µg (19.3%), Copper: 0.35mg (17.7%), Calcium: 168.63mg (16.86%), Iron: 3.01mg (16.73%), Fiber: 3.52g (14.07%), Magnesium: 53.3mg (13.33%), Vitamin B3: 2.2mg (10.99%), Vitamin D: 1.56µg (10.43%), Vitamin A: 479.69IU (9.59%), Potassium: 333.17mg (9.52%), Vitamin B12: 0.56µg (9.33%), Zinc: 1.3mg (8.64%), Vitamin B5: 0.8mg (7.98%), Vitamin B6: 0.09mg (4.4%), Vitamin E: 0.53mg (3.53%), Vitamin K: 1.23µg (1.17%)