



Chocolate Waffles

READY IN



30 min.

SERVINGS



6

CALORIES



413 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 cup chocolate syrup plus more for topping
- 3 large eggs
- 2 cups flour all-purpose
- 1 cup milk
- 0.3 teaspoon salt
- 3 tablespoons sugar
- 3 tablespoons butter unsalted
- 0.5 teaspoon vanilla extract

- 3 tablespoons vegetable shortening

Equipment

- bowl
- baking sheet
- sauce pan
- ladle
- oven
- whisk
- measuring cup
- waffle iron

Directions

- Melt the butter and shortening in a small saucepan, stirring to combine; remove from the heat and set aside.
- Whisk the flour, baking powder, salt and sugar in a large bowl.
- Whisk the eggs, milk, chocolate syrup and vanilla in a large liquid measuring cup or a separate bowl.
- Whisk the egg mixture into the flour mixture until combined. (The batter will be slightly lumpy.)
- Whisk in the butter mixture until combined.
- Preheat the oven to 250 degrees F. Preheat a waffle iron and spray with cooking spray. Ladle some of the batter into the waffle iron to within an inch of the edge (1/3 to 1/2 cup batter, depending on your waffle iron); cook until crisp.
- Transfer the waffle to a baking sheet and keep warm in the oven. Repeat with the remaining batter.
- Divide the waffles among plates. Dust with confectioners'sugar and top with berries and/or chocolate syrup.
- Photograph by Kang Kim

Nutrition Facts



■ PROTEIN 9.09% ■ FAT 35.92% ■ CARBS 54.99%

Properties

Glycemic Index:45.85, Glycemic Load:28.42, Inflammation Score:-5, Nutrition Score:11.972173921278%

Nutrients (% of daily need)

Calories: 413.45kcal (20.67%), Fat: 16.47g (25.33%), Saturated Fat: 6.93g (43.31%), Carbohydrates: 56.73g (18.91%), Net Carbohydrates: 54.95g (19.98%), Sugar: 20.61g (22.9%), Cholesterol: 112.93mg (37.64%), Sodium: 379.8mg (16.51%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 9.37g (18.75%), Selenium: 23.03µg (32.9%), Vitamin B1: 0.36mg (24.25%), Vitamin B2: 0.39mg (23.09%), Folate: 88.71µg (22.18%), Phosphorus: 213.34mg (21.33%), Manganese: 0.39mg (19.5%), Calcium: 193.19mg (19.32%), Iron: 3.13mg (17.38%), Vitamin B3: 2.61mg (13.03%), Copper: 0.21mg (10.42%), Magnesium: 34.02mg (8.5%), Vitamin B5: 0.77mg (7.72%), Vitamin B12: 0.45µg (7.57%), Vitamin A: 375.81IU (7.52%), Fiber: 1.78g (7.12%), Vitamin D: 1.05µg (7.02%), Zinc: 0.97mg (6.47%), Vitamin E: 0.87mg (5.78%), Potassium: 198.8mg (5.68%), Vitamin B6: 0.09mg (4.38%), Vitamin K: 4.34µg (4.14%)