



Chocolate Waffles

READY IN



20 min.

SERVINGS



10

CALORIES



400 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon double-acting baking powder
- 0.8 cup butter
- 6 egg whites
- 2.3 cups flour all-purpose
- 1.5 cups milk
- 0.8 teaspoon salt
- 1 cup semi-sweet chocolate chips
- 1 tablespoon vanilla extract
- 0.5 cup sugar white

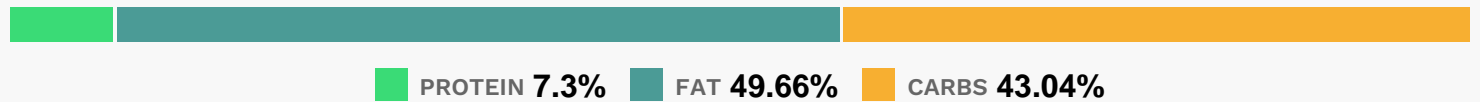
Equipment

- bowl
- microwave
- waffle iron

Directions

- In a medium bowl, stir together the flour, sugar, baking powder, and salt. Set aside.
- Place the butter and chocolate chips into a microwave-safe bowl. Cook on High power for 1 minute, then stir. Continue to cook for 15 seconds at a time, stirring each time until chocolate is melted and smooth. Set aside to cool slightly.
- When the chocolate mixture is fairly cool, stir in the milk, egg whites, and vanilla.
- Pour this into the dry ingredients, and mix just until blended.
- Preheat the waffle iron, and coat with cooking spray. Spoon waffle batter onto the hot iron in desired amounts. Close, and cook until the iron stops steaming, and waffles are easy to remove. Repeat with remaining batter.

Nutrition Facts



Properties

Glycemic Index:32.51, Glycemic Load:23.47, Inflammation Score:-5, Nutrition Score:9.3908695967301%

Nutrients (% of daily need)

Calories: 399.97kcal (20%), Fat: 22.02g (33.88%), Saturated Fat: 13.33g (83.32%), Carbohydrates: 42.94g (14.31%), Net Carbohydrates: 40.78g (14.83%), Sugar: 18.54g (20.6%), Cholesterol: 42.05mg (14.02%), Sodium: 457.4mg (19.89%), Alcohol: 0.45g (100%), Alcohol %: 0.44% (100%), Caffeine: 15.05mg (5.02%), Protein: 7.28g (14.57%), Selenium: 15.53µg (22.19%), Manganese: 0.43mg (21.56%), Vitamin B2: 0.29mg (16.82%), Vitamin B1: 0.25mg (16.57%), Phosphorus: 146mg (14.6%), Iron: 2.57mg (14.27%), Calcium: 136.3mg (13.63%), Copper: 0.27mg (13.26%), Folate: 52.7µg (13.17%), Magnesium: 44.18mg (11.05%), Vitamin A: 493.5IU (9.87%), Vitamin B3: 1.88mg (9.39%), Fiber: 2.16g (8.65%), Potassium: 220.04mg (6.29%), Zinc: 0.83mg (5.56%), Vitamin B12: 0.27µg (4.57%), Vitamin B5: 0.37mg (3.66%), Vitamin E: 0.53mg (3.56%), Vitamin D: 0.4µg (2.68%), Vitamin K: 2.65µg (2.52%), Vitamin B6: 0.04mg (2.12%)