



Chocolate Waffles with Caramel-Banana Topping

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



432 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup whipping cream
- ☐ 0.3 cup plus light
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon vanilla
- ☐ 3 medium banana sliced
- ☐ 1 cup granulated sugar

- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.8 cup water
- ☐ 2 tablespoons vegetable oil
- ☐ 2 eggs
- ☐ 1.5 cups frangelico

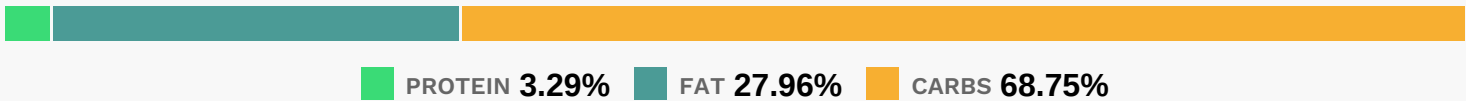
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ waffle iron

Directions

- ☐ In 1-quart saucepan, mix all topping ingredients except bananas.
- ☐ Heat to boiling over medium heat, stirring occasionally; remove from heat. Gently stir in bananas until well coated. Keep warm.
- ☐ Heat waffle iron. (Waffle irons without a nonstick coating may need to be brushed with vegetable oil or sprayed with cooking spray before batter for each waffle is added.) In medium bowl, stir all waffle ingredients with spoon until blended.
- ☐ Pour batter onto hot waffle iron. (Check manufacturer's directions for recommended amount of batter.) Close lid of waffle iron.
- ☐ Bake each waffle about 5 minutes or until steaming stops. Carefully remove waffle.
- ☐ Serve with topping.

Nutrition Facts



Properties

Glycemic Index:23.98, Glycemic Load:31.87, Inflammation Score:-4, Nutrition Score:7.4073913615683%

Flavonoids

Catechin: 6.7mg, Catechin: 6.7mg, Catechin: 6.7mg, Catechin: 6.7mg Epicatechin: 9.4mg, Epicatechin: 9.4mg, Epicatechin: 9.4mg, Epicatechin: 9.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 431.85kcal (21.59%), Fat: 14.25g (21.92%), Saturated Fat: 4.66g (29.14%), Carbohydrates: 78.83g (26.28%), Net Carbohydrates: 75.53g (27.46%), Sugar: 69.67g (77.41%), Cholesterol: 65.77mg (21.92%), Sodium: 84.92mg (3.69%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Caffeine: 10.99mg (3.66%), Protein: 3.77g (7.55%), Manganese: 0.36mg (18.07%), Fiber: 3.3g (13.21%), Vitamin B6: 0.26mg (12.93%), Copper: 0.25mg (12.75%), Magnesium: 44.53mg (11.13%), Potassium: 341.64mg (9.76%), Selenium: 6.59µg (9.42%), Vitamin B2: 0.15mg (8.76%), Vitamin K: 9.11µg (8.68%), Vitamin A: 429.66IU (8.59%), Phosphorus: 84.69mg (8.47%), Iron: 1.23mg (6.85%), Vitamin C: 5.2mg (6.31%), Vitamin E: 0.82mg (5.5%), Folate: 20.85µg (5.21%), Vitamin B5: 0.49mg (4.88%), Zinc: 0.7mg (4.68%), Calcium: 43.58mg (4.36%), Vitamin D: 0.45µg (3.01%), Vitamin B3: 0.54mg (2.69%), Vitamin B1: 0.04mg (2.59%), Vitamin B12: 0.15µg (2.52%)