



Chocolate Waffles with Poached Cherries

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



643 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 tablespoons butter melted
- ☐ 2 pounds cherries fresh pitted rinsed
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 2 tablespoons juice of lemon
- ☐ 8 ounces mascarpone cheese

- ☐ 1 cup milk
- ☐ 0.3 cup orange juice
- ☐ 6 servings powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla
- ☐ 1 vanilla pod split
- ☐ 0.5 cup whipping cream

Equipment

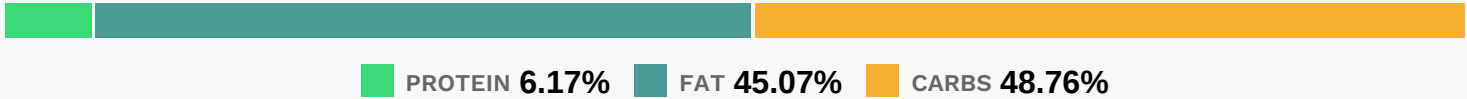
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ waffle iron

Directions

- ☐ In a 3- to 4-quart pan over medium heat, stir cherries, 1/2 cup granulated sugar, orange juice, lemon juice, and vanilla bean until cherries are juicy and sugar is dissolved, 3 minutes. Adjust heat to maintain a simmer; stir occasionally until cherries are soft, about 10 minutes.
- ☐ Remove from heat; if making up to 2 days ahead, cover and chill (reheat before serving).
- ☐ Meanwhile, in a bowl with a mixer on low speed, beat mascarpone, cream, vanilla, and 2 tablespoons granulated sugar until soft peaks form. Cover and chill up to 2 days (if needed, whisk to thicken before serving).
- ☐ In another bowl, mix 1/4 cup granulated sugar and the flour, cocoa, baking powder, and salt. In a bowl, beat egg to blend with milk and butter. Stir into flour mixture until evenly moistened.
- ☐ Turn a waffle iron to high heat; spray both sides lightly with cooking oil spray. When hot, add about 1 1/4 cups batter; close iron and cook until waffle is well browned, about 9 minutes.

- ☐
- Remove waffle; keep warm on a baking sheet in a 200 oven up to 15 minutes. Repeat to cook remaining waffles.
- ☐
- Place a waffle on each of 6 dessert plates; sprinkle with powdered sugar. Top with cherries and juice (discard vanilla bean), then mascarpone cream.

Nutrition Facts



Properties

Glycemic Index:66.52, Glycemic Load:35.37, Inflammation Score:-8, Nutrition Score:12.990000061367%

Flavonoids

Cyanidin: 45.68mg, Cyanidin: 45.68mg, Cyanidin: 45.68mg, Cyanidin: 45.68mg Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg Peonidin: 2.27mg, Peonidin: 2.27mg, Peonidin: 2.27mg, Peonidin: 2.27mg Catechin: 8.91mg, Catechin: 8.91mg, Catechin: 8.91mg, Catechin: 8.91mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 14.6mg, Epicatechin: 14.6mg, Epicatechin: 14.6mg, Epicatechin: 14.6mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 2.37mg, Hesperetin: 2.37mg, Hesperetin: 2.37mg, Hesperetin: 2.37mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 642.55kcal (32.13%), Fat: 33.18g (51.05%), Saturated Fat: 20.15g (125.91%), Carbohydrates: 80.77g (26.92%), Net Carbohydrates: 75.66g (27.51%), Sugar: 56.18g (62.43%), Cholesterol: 111.14mg (37.05%), Sodium: 338.5mg (14.72%), Alcohol: 0.23g (100%), Alcohol %: 0.08% (100%), Caffeine: 8.24mg (2.75%), Protein: 10.22g (20.45%), Vitamin A: 1231.17IU (24.62%), Vitamin C: 19.53mg (23.67%), Calcium: 230.37mg (23.04%), Fiber: 5.11g (20.43%), Manganese: 0.4mg (19.77%), Phosphorus: 183.31mg (18.33%), Vitamin B2: 0.31mg (18.06%), Selenium: 11.79µg (16.84%), Vitamin B1: 0.25mg (16.75%), Potassium: 540.08mg (15.43%), Folate: 55.37µg (13.84%), Copper: 0.28mg (13.75%), Iron: 2.37mg (13.19%), Magnesium: 48.76mg (12.19%), Vitamin B3: 1.67mg (8.34%), Vitamin B5: 0.77mg (7.72%), Vitamin B6: 0.14mg (7.08%), Vitamin D: 0.93µg (6.21%), Vitamin B12: 0.34µg (5.62%), Zinc: 0.84mg (5.58%), Vitamin K: 4.61µg (4.39%), Vitamin E: 0.59mg (3.92%)