



Cincinnati Chili Pumpkin Beer Waffles

READY IN



30 min.

SERVINGS



4

CALORIES



467 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon brown sugar packed
- ☐ 1 cup beer your favorite (or beer)
- ☐ 0.5 cup buttermilk
- ☐ 2 tablespoons butter melted
- ☐ 2 eggs
- ☐ 3 cups pepper flakes hot
- ☐ 6 oz sharp cheddar cheese shredded
- ☐ 14 oz kidney beans canned
- ☐ 1 large onion finely chopped

- ☐ 1 serving oyster crackers
- ☐ 2.5 cups frangelico

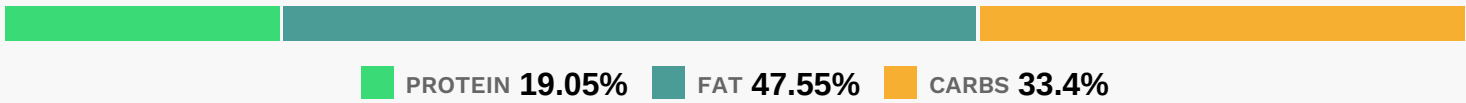
Equipment

- ☐ bowl
- ☐ whisk
- ☐ waffle iron

Directions

- ☐ Heat waffle maker, greasing if necessary.
- ☐ In large bowl, add Bisquick mix and brown sugar. In medium bowl, beat beer, buttermilk, 2 tablespoons melted butter and eggs with whisk until well combined.
- ☐ Add the wet ingredients to the dry, and stir until just combined.
- ☐ Pour batter onto hot waffle maker. (Check manufacturer's directions for recommended amount of batter.) Close lid of waffle maker, and cook according to your waffle maker's directions (about 5 minutes). Carefully remove waffle, and repeat with remaining batter. Keep the cooked waffles warm.
- ☐ Top each waffle with a scoop of Hot Cincinnati Chili, a generous handful of shredded Cheddar cheese, kidney beans, chopped onion and oyster cracks.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:68.13, Glycemic Load:10.98, Inflammation Score:-9, Nutrition Score:26.170869599218%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.02mg, Myricetin: 0.02mg,

Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 466.56kcal (23.33%), Fat: 24.43g (37.59%), Saturated Fat: 13.22g (82.62%), Carbohydrates: 38.61g (12.87%), Net Carbohydrates: 30.92g (11.24%), Sugar: 14.04g (15.6%), Cholesterol: 142.71mg (47.57%), Sodium: 689.98mg (30%), Alcohol: 2.3g (100%), Alcohol %: 0.7% (100%), Protein: 22.03g (44.06%), Vitamin C: 165.23mg (200.28%), Phosphorus: 442.13mg (44.21%), Calcium: 407.86mg (40.79%), Vitamin B6: 0.8mg (40.15%), Vitamin A: 1841.11IU (36.82%), Selenium: 22.59µg (32.27%), Vitamin B2: 0.55mg (32.26%), Fiber: 7.69g (30.76%), Manganese: 0.6mg (29.86%), Potassium: 805.88mg (23.03%), Folate: 88.37µg (22.09%), Vitamin K: 22.59µg (21.51%), Magnesium: 81.33mg (20.33%), Zinc: 2.97mg (19.79%), Vitamin B1: 0.27mg (17.89%), Iron: 3.18mg (17.68%), Copper: 0.35mg (17.63%), Vitamin B12: 0.81µg (13.53%), Vitamin B3: 2.55mg (12.75%), Vitamin B5: 1.08mg (10.82%), Vitamin E: 1.58mg (10.53%), Vitamin D: 1.09µg (7.23%)