



Cincinnati Chili Pumpkin Beer Waffles

READY IN



30 min.

SERVINGS



4

CALORIES



514 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup beer your favorite (or beer)
- ☐ 1 tablespoon brown sugar packed
- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup buttermilk
- ☐ 14 oz kidney beans canned
- ☐ 3 cups pepper flakes hot
- ☐ 2 eggs
- ☐ 1 large onion finely chopped
- ☐ 4 servings oyster crackers

- ☐ 6 oz sharp cheddar cheese shredded
- ☐ 2.5 cups frangelico
- ☐ 2.5 cups frangelico

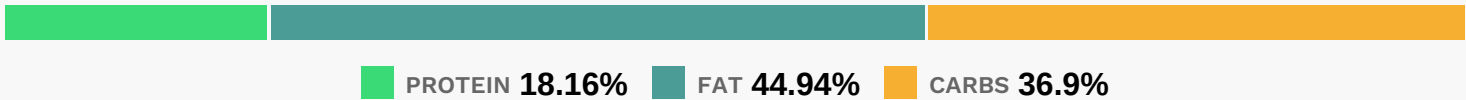
Equipment

- ☐ 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:27.716086905936%

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: 513.59kcal (25.68%), Fat: 25.41g (39.09%), Saturated Fat: 13.4g (83.78%), Carbohydrates: 46.93g (15.64%), Net Carbohydrates: 38.93g (14.16%), Sugar: 14.18g (15.76%), Cholesterol: 142.71mg (47.57%), Sodium: 795.85mg (34.6%), Alcohol: 2.3g (100%), Alcohol %: 0.68% (100%), Protein: 23.09g (46.18%), Vitamin C: 165.23mg (200.28%), Phosphorus: 453.61mg (45.36%), Calcium: 410mg (41%), Vitamin B6: 0.81mg (40.63%), Vitamin A: 1841.22IU (36.82%), Vitamin B2: 0.6mg (35.48%), Manganese: 0.69mg (34.57%), Selenium: 23.74µg (33.92%), Fiber: 8g (32.02%), Folate: 103.45µg (25.86%), Vitamin K: 25.44µg (24.23%), Potassium: 822.98mg (23.51%), Vitamin B1: 0.35mg (23.15%), Iron: 3.81mg (21.17%), Magnesium: 83.91mg (20.98%), Zinc: 3.05mg (20.31%), Copper: 0.37mg (18.41%), Vitamin B3: 3.27mg (16.37%), Vitamin B12: 0.82µg (13.7%), Vitamin E: 1.71mg (11.4%), Vitamin B5: 1.14mg (11.35%), Vitamin D: 1.09µg (7.23%)