



Cocoa-Pepper Waffle Cookies

 Vegetarian

READY IN



60 min.

SERVINGS



1

CALORIES



2092 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.8 cup lightly brown sugar light packed
- ☐ 2 tablespoons buttermilk
- ☐ 6 tablespoons dutch-process cocoa powder unsweetened
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon coarsely ground pepper

- ☐ 1 stick butter unsalted softened
- ☐ 2 teaspoons vanilla extract pure

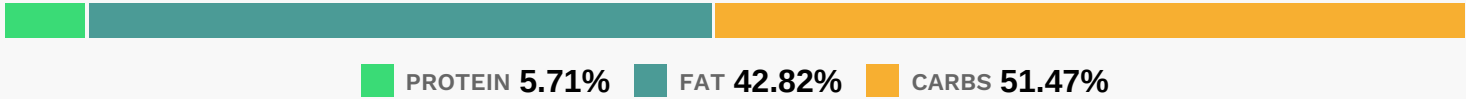
Equipment

- ☐ bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ waffle iron

Directions

- ☐ In a bowl, using a handheld electric mixer, beat the butter with the brown sugar at medium-high speed until fluffy, 4 minutes. Beat in the egg, egg white and vanilla until combined. Sift the flour with the cocoa and baking soda to remove the cocoa lumps.
- ☐ Add the mixture to the bowl along with the pepper and beat at medium-low speed until the batter is moistened. Beat in the buttermilk; the batter will be stiff.
- ☐ Preheat a waffle iron and spray with vegetable oil. For each cookie, spoon 2 tablespoons of batter into a quadrant of the waffle iron; if the iron is large enough, there may be room to make more than one cookie at a time. Close and cook just until fragrant, about 2 minutes, depending on your machine. Carefully lift the cookie and transfer it to a wire rack. Dust the cookie with confectioners' sugar and repeat with the remaining batter, spraying the waffle iron as needed.
- ☐ Serve the cookies warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:138, Glycemic Load:69.53, Inflammation Score:-10, Nutrition Score:43.292608261108%

Flavonoids

Catechin: 19.45mg, Catechin: 19.45mg, Catechin: 19.45mg, Catechin: 19.45mg Epicatechin: 58.93mg, Epicatechin: 58.93mg, Epicatechin: 58.93mg, Epicatechin: 58.93mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 2092.17kcal (104.61%), Fat: 102.81g (158.18%), Saturated Fat: 62.8g (392.52%), Carbohydrates: 278.09g (92.7%), Net Carbohydrates: 263.49g (95.81%), Sugar: 163.88g (182.09%), Cholesterol: 432.25mg (144.08%), Sodium: 499.13mg (21.7%), Alcohol: 2.75g (100%), Alcohol %: 0.63% (100%), Caffeine: 69mg (23%), Protein: 30.87g (61.74%), Manganese: 2.21mg (110.74%), Selenium: 72.86µg (104.09%), Copper: 1.48mg (73.81%), Vitamin B1: 1.05mg (69.81%), Vitamin B2: 1.16mg (68.33%), Folate: 269.8µg (67.45%), Iron: 12.13mg (67.4%), Vitamin A: 3146.1IU (62.92%), Fiber: 14.6g (58.41%), Magnesium: 208.76mg (52.19%), Phosphorus: 519.64mg (51.96%), Vitamin B3: 8.4mg (42.01%), Potassium: 1018.09mg (29.09%), Calcium: 289.13mg (28.91%), Zinc: 3.85mg (25.69%), Vitamin E: 3.28mg (21.85%), Vitamin D: 3.09µg (20.57%), Vitamin B5: 1.92mg (19.19%), Vitamin B12: 0.8µg (13.41%), Vitamin B6: 0.26mg (13.12%), Vitamin K: 10.09µg (9.61%)