



Dark Chocolate Waffles

READY IN



45 min.

SERVINGS



6

CALORIES



541 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 6 ounces bittersweet chocolate 70% finely chopped (at least cacao)
- ☐ 0.3 cup brown sugar packed ()
- ☐ 2 cups buttermilk
- ☐ 3 large eggs separated
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon kosher salt
- ☐ 6 servings maple syrup unsalted pure (for serving)

- ☐ 0.5 cup olive oil
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

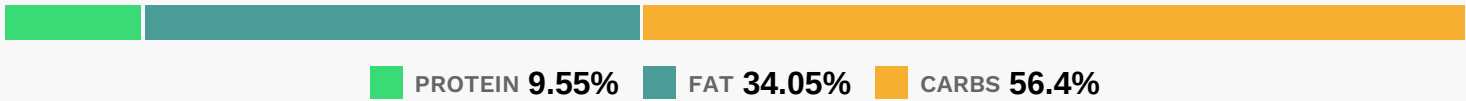
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil
- ☐ waffle iron

Directions

- ☐ Preheat oven to 250°F.
- ☐ Whisk flour, cocoapowder, brown sugar, baking powder,baking soda, and salt in a large bowl. Makea well in the center and add egg yolks,buttermilk, oil, and vanilla. Blend with a fork,then gradually incorporate dry ingredients,mixing just until combined.
- ☐ Using an electric mixer on medium–highspeed, beat egg whites in a small bowl untilsoft peaks form. Working in 2 batches, foldegg whites into batter just until combined.Fold in chocolate.
- ☐ Heat a waffle iron until very hot; lightlycoat with nonstick spray. Working inbatches, cook waffles until cooked through.
- ☐ Transfer to a wire rack set inside a bakingsheet, cover loosely with foil, and keepwarm in oven until ready to serve.
- ☐ Serve waffles with butter and syrup.
- ☐ DO AHEAD: Batter with egg whites can bemade 4 hours ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:39.08, Glycemic Load:29.47, Inflammation Score:-7, Nutrition Score:20.823043553726%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 540.78kcal (27.04%), Fat: 20.88g (32.12%), Saturated Fat: 9.69g (60.55%), Carbohydrates: 77.81g (25.94%), Net Carbohydrates: 71.76g (26.1%), Sugar: 35.6g (39.56%), Cholesterol: 103.5mg (34.5%), Sodium: 840.49mg (36.54%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Caffeine: 40.86mg (13.62%), Protein: 13.17g (26.35%), Manganese: 1.41mg (70.68%), Vitamin B2: 0.74mg (43.73%), Selenium: 28.28µg (40.4%), Copper: 0.73mg (36.43%), Phosphorus: 318.43mg (31.84%), Iron: 5.44mg (30.23%), Magnesium: 111.3mg (27.82%), Vitamin B1: 0.4mg (26.84%), Calcium: 247.1mg (24.71%), Fiber: 6.05g (24.19%), Folate: 94.39µg (23.6%), Zinc: 2.3mg (15.35%), Vitamin B3: 2.97mg (14.87%), Potassium: 515.32mg (14.72%), Vitamin B12: 0.64µg (10.69%), Vitamin D: 1.54µg (10.27%), Vitamin B5: 0.99mg (9.85%), Vitamin E: 1.04mg (6.91%), Vitamin A: 281.17IU (5.62%), Vitamin B6: 0.11mg (5.58%), Vitamin K: 4.83µg (4.6%)