



Dulce de Leche Cake Waffle

READY IN



40 min.

SERVINGS



4

CALORIES



915 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 bananas sliced into 1-inch pieces
- ☐ 1 cup mrs richardson's butterscotch caramel sauce
- ☐ 0.5 gallon dulce de leche ice cream
- ☐ 1 box vanilla cake donut holes or any other flavors) your favorite
- ☐ 1 cup walnuts toasted chopped
- ☐ 4 servings whipped cream for garnish

Equipment

- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ waffle iron

Directions

- ☐ Preheat the oven to 250 degrees F and prepare a cookie sheet with a cooling rack on top.
- ☐ In a large bowl, add the cake mix and prepare the batter according to the package instructions.
- ☐ Spray the waffle iron with nonstick spray.
- ☐ Pour about 1 cup batter into the preheated waffle iron and cook the waffle according to the waffle maker's instructions. As each waffle is cooked, place it onto the prepared rack in the oven to keep warm.
- ☐ When you're ready to serve the waffles, remove from the oven and place 1 onto a warmed plate. Top with 2 scoops ice cream, some bananas, drizzle with the caramel sauce and top with the walnuts and whipped cream. Repeat with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:42.94, Glycemic Load:13.88, Inflammation Score:-7, Nutrition Score:22.364782298389%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 914.59kcal (45.73%), Fat: 25.56g (39.33%), Saturated Fat: 5.28g (32.99%), Carbohydrates: 169g (56.33%), Net Carbohydrates: 162.55g (59.11%), Sugar: 102.23g (113.59%), Cholesterol: 4.56mg (1.52%), Sodium: 1090.61mg (47.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.93g (23.87%), Manganese: 1.61mg (80.52%),

Phosphorus: 590.11mg (59.01%), Folate: 144.05µg (36.01%), Calcium: 351.37mg (35.14%), Copper: 0.66mg (33.12%), Vitamin B6: 0.63mg (31.44%), Vitamin B1: 0.42mg (27.93%), Fiber: 6.45g (25.8%), Vitamin B2: 0.41mg (24.38%), Magnesium: 95.78mg (23.94%), Vitamin B3: 4.2mg (21%), Selenium: 14.55µg (20.78%), Iron: 3.68mg (20.45%), Potassium: 677.68mg (19.36%), Vitamin C: 10.93mg (13.25%), Zinc: 1.7mg (11.32%), Vitamin B5: 1.05mg (10.48%), Vitamin E: 1.51mg (10.09%), Vitamin K: 4.98µg (4.75%), Vitamin A: 173.32IU (3.47%), Vitamin B12: 0.12µg (1.99%)