



## Kate's Light n' Fluffy Buttermilk and Chocolate Chip Waffles

READY IN



35 min.

SERVINGS



10

CALORIES



307 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1.3 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup butter melted
- 2 egg whites
- 2 egg yolks
- 1.5 cups flour all-purpose
- 0.3 cup heavy cream
- 1 cup milk

- 5 tablespoons powdered buttermilk
- 1 cup semi chocolate chips miniature

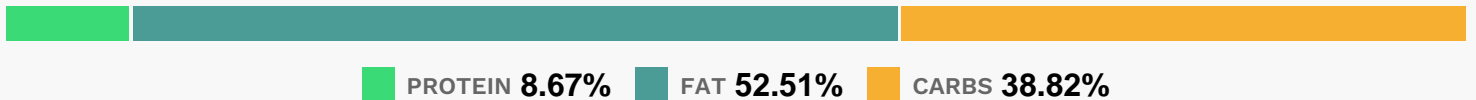
## Equipment

- bowl
- hand mixer
- wooden spoon
- spatula
- waffle iron

## Directions

- In a large bowl, mix the flour, powdered buttermilk, baking powder, and baking soda. In a separate bowl, whip the cream using an electric mixer; stir in milk, egg yolks, and melted butter. Stir the milk mixture into the dry ingredients until smooth. In a clean glass or metal bowl, whip egg whites to stiff peaks. Fold the egg whites and chocolate chips into the batter using a rubber spatula or wooden spoon.
- Preheat a waffle iron, and coat with cooking spray. Spoon batter onto the hot iron, and cook until there is no longer steam coming out and the waffles are light brown.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:10.91, Inflammation Score:-4, Nutrition Score:9.217391366544%

## Nutrients (% of daily need)

Calories: 307.38kcal (15.37%), Fat: 17.92g (27.56%), Saturated Fat: 10.43g (65.2%), Carbohydrates: 29.8g (9.93%), Net Carbohydrates: 27.4g (9.96%), Sugar: 11.62g (12.91%), Cholesterol: 64.22mg (21.41%), Sodium: 185.03mg (8.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 20.35mg (6.78%), Protein: 6.66g (13.32%), Manganese: 0.45mg (22.29%), Selenium: 12.87µg (18.38%), Copper: 0.33mg (16.53%), Phosphorus: 165.1mg (16.51%), Vitamin B2: 0.24mg (14.34%), Iron: 2.54mg (14.11%), Magnesium: 53.5mg (13.37%), Vitamin B1: 0.19mg (12.55%), Calcium: 122.75mg (12.27%), Folate: 41.63µg (10.41%), Fiber: 2.4g (9.6%), Potassium: 259.39mg (7.41%), Zinc: 1.08mg (7.22%), Vitamin B3: 1.37mg (6.85%), Vitamin A: 337.8IU (6.76%), Vitamin B12: 0.38µg (6.4%), Vitamin B5: 0.48mg

(4.8%), Vitamin D: 0.57 $\mu$ g (3.82%), Vitamin E: 0.45mg (2.97%), Vitamin B6: 0.06mg (2.82%), Vitamin K: 2.46 $\mu$ g (2.34%)