



## Peanut Butter Waffle Toast

READY IN



20 min.

SERVINGS



6

CALORIES



354 kcal

### Ingredients

- 1.3 cups milk
- 0.5 cup peanut butter
- 2 tablespoons granulated sugar
- 1 teaspoon vanilla
- 1 eggs
- 6 slices bread
- 6 tablespoons semisweet chocolate chips miniature
- 1 serving powdered sugar
- 1 cup frangelico

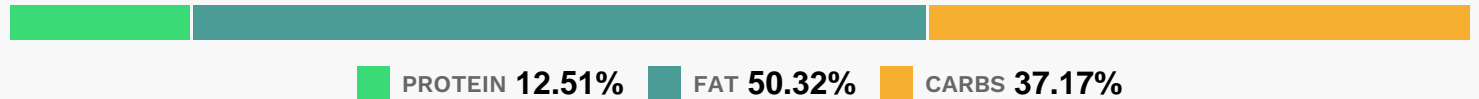
## Equipment

- bowl
- oven
- waffle iron

## Directions

- Heat waffle iron; grease with shortening if necessary (or spray with cooking spray before heating).
- In medium bowl, stir milk, Bisquick mix, peanut butter, granulated sugar, vanilla and egg until well blended. Carefully dip bread into batter on both sides.
- Place in waffle iron; close lid.
- Bake about 2 minutes or until steaming stops and "toast" is golden. Carefully remove waffle toast.
- Sprinkle each waffle with 1 tablespoon chocolate chips and powdered sugar.

## Nutrition Facts



## Properties

Glycemic Index:30.13, Glycemic Load:11.37, Inflammation Score:-4, Nutrition Score:12.41260873008%

## Nutrients (% of daily need)

Calories: 354.18kcal (17.71%), Fat: 20.26g (31.16%), Saturated Fat: 6.8g (42.5%), Carbohydrates: 33.67g (11.22%), Net Carbohydrates: 30.34g (11.03%), Sugar: 17.14g (19.05%), Cholesterol: 34.27mg (11.42%), Sodium: 256.01mg (11.13%), Alcohol: 0.23g (100%), Alcohol %: 0.23% (100%), Caffeine: 12.72mg (4.24%), Protein: 11.33g (22.66%), Manganese: 0.85mg (42.54%), Vitamin B3: 4.61mg (23.05%), Phosphorus: 213.35mg (21.34%), Magnesium: 80.9mg (20.22%), Selenium: 13.44µg (19.2%), Copper: 0.32mg (16.15%), Vitamin E: 2.2mg (14.68%), Iron: 2.45mg (13.59%), Fiber: 3.33g (13.34%), Vitamin B2: 0.22mg (13.19%), Calcium: 121.46mg (12.15%), Vitamin B1: 0.18mg (12.06%), Folate: 45.74µg (11.43%), Zinc: 1.53mg (10.22%), Potassium: 332.04mg (9.49%), Vitamin B6: 0.18mg (8.76%), Vitamin B5: 0.8mg (8.04%), Vitamin B12: 0.37µg (6.11%), Vitamin D: 0.71µg (4.71%), Vitamin A: 129.9IU (2.6%), Vitamin K: 2.68µg (2.55%)