



## Pumpkin-Chipotle Waffles

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



372 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 3 tablespoons brown sugar
- 0.8 cup buttermilk
- 1 pinch cayenne
- 0.5 teaspoon chipotle powder
- 1 large egg plus egg white
- 1.5 cups flour all-purpose

- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon ground cinnamon
- 1 cup maple syrup
- 1 teaspoon orange zest freshly grated
- 0.5 cup pumpkin puree pure
- 0.5 cup pumpkin seeds toasted (pepitas)
- 0.3 teaspoon salt fine
- 1 pinch salt fine
- 8 servings butter unsalted soft for serving, optional
- 0.3 cup vegetable oil plus more for brushing waffle iron

## Equipment

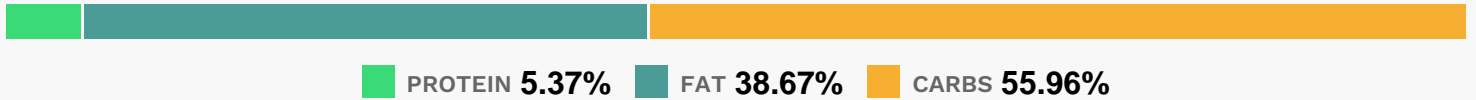
- bowl
- sauce pan
- oven
- whisk
- aluminum foil
- waffle iron

## Directions

- Special equipment: Waffle iron (preferably Belgian style)
- Whisk together the maple syrup, cinnamon, salt and cayenne in a small saucepan. Bring to a simmer over medium-low heat and whisk until the cinnamon is dissolved, about 1 minute.
- Remove from the heat and stir in the orange zest. Cover and keep warm.
- For the waffles: Preheat a waffle maker to medium-high. Preheat the oven to 200 degrees F.
- Whisk together the flour, baking powder, baking soda, chipotle powder, cinnamon and salt in a medium bowl.
- Whisk together the buttermilk, pumpkin puree, oil, sugar, egg and white.

- Pour the buttermilk mixture into the flour mixture and gently stir until just incorporated (it's ok if there are lumps).
- Lightly brush the top and bottom of the waffle iron with oil. Fill each section about three-quarters of the way full (there should still be some waffle iron showing). Close and cook until the waffles are golden brown and slightly crisp, 6 to 10 minutes. Keep the waffles warm in the oven or covered with foil on a plate while you cook the remaining batter.
- Serve the waffles with butter, drizzle with the orange syrup and sprinkle with the pepitas.

## Nutrition Facts



## Properties

Glycemic Index:35.81, Glycemic Load:23.26, Inflammation Score:-9, Nutrition Score:13.682173936263%

## Nutrients (% of daily need)

Calories: 372.13kcal (18.61%), Fat: 16.15g (24.84%), Saturated Fat: 4.79g (29.94%), Carbohydrates: 52.57g (17.52%), Net Carbohydrates: 51.08g (18.57%), Sugar: 30.25g (33.61%), Cholesterol: 13.23mg (4.41%), Sodium: 211.92mg (9.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.1%), Manganese: 1.33mg (66.5%), Vitamin A: 2589.67IU (51.79%), Vitamin B2: 0.7mg (41.26%), Vitamin K: 20.13µg (19.18%), Vitamin B1: 0.24mg (15.79%), Selenium: 10.18µg (14.54%), Folate: 48.67µg (12.17%), Magnesium: 44.46mg (11.12%), Phosphorus: 107.18mg (10.72%), Calcium: 101.76mg (10.18%), Iron: 1.81mg (10.06%), Vitamin B3: 1.72mg (8.62%), Vitamin E: 1.19mg (7.96%), Potassium: 227.92mg (6.51%), Fiber: 1.49g (5.96%), Zinc: 0.89mg (5.91%), Copper: 0.12mg (5.78%), Vitamin B5: 0.3mg (3.02%), Vitamin D: 0.37µg (2.45%), Vitamin B12: 0.12µg (1.93%), Vitamin B6: 0.04mg (1.93%), Vitamin C: 1.08mg (1.31%)