



Pumpkin-Chocolate Waffles

READY IN



11 min.

SERVINGS



8

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.7 cup buttermilk
- ☐ 0.5 cup pumpkin canned (not pumpkin pie filling)
- ☐ 1 tablespoon canola oil
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 8 servings garnishes: maple syrup sweetened

- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup bittersweet chocolate chopped
- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

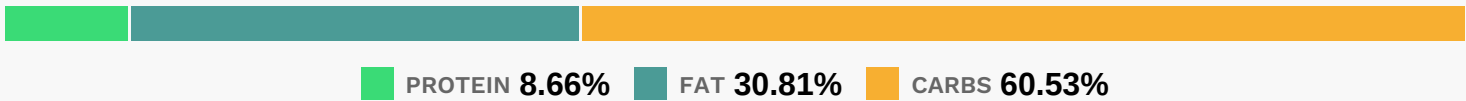
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ waffle iron

Directions

- ☐ Stir together first 6 ingredients in a large bowl.
- ☐ Whisk together buttermilk and next 4 ingredients in a medium bowl. Stir buttermilk mixture into flour mixture. Stir in chocolate.
- ☐ Preheat waffle iron, and coat with cooking spray. Ladle about 1/3 cup batter onto hot iron, spreading to edges. Cook 3 to 4 minutes or until waffle is golden brown and steaming stops. Repeat with remaining batter.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:41.01, Glycemic Load:16.92, Inflammation Score:-8, Nutrition Score:8.2926086861154%

Nutrients (% of daily need)

Calories: 216.65kcal (10.83%), Fat: 7.4g (11.39%), Saturated Fat: 3.19g (19.93%), Carbohydrates: 32.72g (10.91%), Net Carbohydrates: 30.03g (10.92%), Sugar: 8.78g (9.75%), Cholesterol: 30.45mg (10.15%), Sodium: 224.49mg (9.76%), Alcohol: 0.17g (100%), Alcohol %: 0.25% (100%), Caffeine: 6.27mg (2.09%), Protein: 4.68g (9.36%), Vitamin A: 1512.15IU (30.24%), Manganese: 0.35mg (17.5%), Selenium: 11.52µg (16.46%), Vitamin B1: 0.2mg (13.55%), Folate: 52.92µg (13.23%), Vitamin B2: 0.21mg (12.21%), Fiber: 2.68g (10.74%), Iron: 1.91mg (10.63%), Phosphorus: 97.64mg

(9.76%), Calcium: 77.6mg (7.76%), Vitamin B3: 1.54mg (7.69%), Copper: 0.15mg (7.38%), Magnesium: 24.37mg (6.09%), Vitamin B5: 0.51mg (5.07%), Zinc: 0.59mg (3.9%), Potassium: 135.63mg (3.88%), Vitamin E: 0.48mg (3.23%), Vitamin B6: 0.06mg (3.01%), Vitamin B12: 0.18µg (2.97%), Vitamin D: 0.41µg (2.73%), Vitamin K: 2.07µg (1.98%)