

Stroopwafels

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



473 kcal

SIDE DISH

Ingredients

- ☐ 0.5 ounce active yeast dry
- ☐ 1.3 cups brown sugar packed
- ☐ 0.3 cup butter
- ☐ 1 eggs
- ☐ 4 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup warm milk
- ☐ 1.5 cups blackstrap molasses

☐ 0.8 cup sugar white

Equipment

☐ bowl

☐ sauce pan

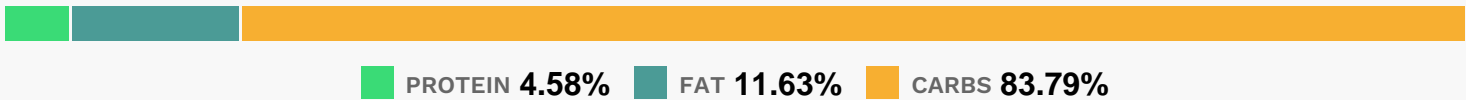
☐ knife

☐ spatula

Directions

- ☐ In a large bowl, mix together the flour, melted butter, sugar, yeast, milk and egg. When the dough becomes to stiff to stir, turn out onto a floured surface and knead by hand for a few minutes. Set aside to rise for 45 minutes.
- ☐ To make the filling, heat the molasses, brown sugar, remaining butter and cinnamon in a saucepan over medium heat. Stir to blend, and set aside.
- ☐ Preheat a pizzelle iron. Knead the dough briefly, and divide the dough into 2 inch balls, or a size compatible with your pizzelle iron pattern. Press the balls in the preheated iron, and cook until the iron stops releasing steam, or until the waffles are golden brown.
- ☐ Carefully remove with a knife or spatula, and split in half horizontally (like pocket bread) while they are still warm. Don't wait too long, otherwise they will break.
- ☐ Spread filling on the insides, and put the halves back together.

Nutrition Facts



Properties

Glycemic Index:23.51, Glycemic Load:45.67, Inflammation Score:-6, Nutrition Score:14.110434791721%

Nutrients (% of daily need)

Calories: 472.6kcal (23.63%), Fat: 6.21g (9.55%), Saturated Fat: 3.53g (22.09%), Carbohydrates: 100.58g (33.53%), Net Carbohydrates: 99.05g (36.02%), Sugar: 68.03g (75.59%), Cholesterol: 27.81mg (9.27%), Sodium: 71.69mg (3.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Manganese: 0.98mg (48.94%), Selenium: 23.38µg (33.39%), Vitamin B1: 0.48mg (31.93%), Magnesium: 115.22mg (28.81%), Folate: 106.06µg (26.51%), Iron: 4.21mg (23.37%), Potassium: 718.57mg (20.53%), Vitamin B6: 0.34mg (16.9%), Vitamin B3: 3.37mg (16.83%), Vitamin

B2: 0.28mg (16.6%), Copper: 0.29mg (14.3%), Calcium: 124.86mg (12.49%), Phosphorus: 80.58mg (8.06%), Vitamin B5: 0.8mg (7.96%), Fiber: 1.53g (6.13%), Zinc: 0.59mg (3.95%), Vitamin A: 186.1IU (3.72%), Vitamin E: 0.22mg (1.44%), Vitamin B12: 0.07µg (1.19%)