

Stroopwaffels I

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 ounce active yeast dry
- 1.5 cups brown sugar packed
- 1 cup butter
- 6 tablespoons plus dark
- 2 eggs
- 4 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 cup warm water

0.5 cup sugar white

Equipment

sauce pan

oven

Directions

Dissolve the yeast in the warm water.

Cut 1cup of the butter into the flour.

Mix in the sugar, eggs and yeast mixture.

Mix well and set aside to rise for 30 to 60 minutes.

Roll dough into balls and bake in a pizelle iron.

To Make Filling: In a saucepan boil the brown sugar, 1 cup of the butter, cinnamon and dark corn syrup until it reaches the soft ball stage (234–240 degrees F 112 –115 degrees C).

Split waffles in half and spread cut sides with the warm filling. Then put the halves back together.

Nutrition Facts



PROTEIN 4.77% **FAT 31.27%** **CARBS 63.96%**

Properties

Glycemic Index:12.09, Glycemic Load:18.25, Inflammation Score:-3, Nutrition Score:4.1452173797981%

Nutrients (% of daily need)

Calories: 234.08kcal (11.7%), Fat: 8.26g (12.71%), Saturated Fat: 5.01g (31.32%), Carbohydrates: 38.03g (12.68%), Net Carbohydrates: 37.34g (13.58%), Sugar: 21.84g (24.27%), Cholesterol: 33.98mg (11.33%), Sodium: 79.26mg (3.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.67%), Vitamin B1: 0.2mg (13.24%), Selenium: 8.66µg (12.37%), Folate: 47.18µg (11.8%), Manganese: 0.17mg (8.65%), Vitamin B2: 0.14mg (8%), Vitamin B3: 1.37mg (6.86%), Iron: 1.17mg (6.48%), Vitamin A: 256.41IU (5.13%), Phosphorus: 35.12mg (3.51%), Fiber: 0.69g (2.74%), Copper: 0.04mg (2.23%), Vitamin B5: 0.22mg (2.17%), Calcium: 20.96mg (2.1%), Vitamin E: 0.27mg (1.82%), Magnesium: 7.15mg (1.79%), Zinc: 0.23mg (1.56%), Potassium: 53.59mg (1.53%), Vitamin B6: 0.03mg (1.32%)