

STARTER & SNACK

Stroopwaffels I

3 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	24	\$0.23	234 kcal



Stroopwaffels I is a hor d'oeuvre that serves 24. One portion of this dish contains roughly 3g of protein, 8g of fat, and a total of 286 calories. For 23 cents per serving, this recipe covers 4% of your daily requirements of vitamins and minerals. It is a good option if you're following a lacto ovo...

Ingredients

- ☐ ¼ ounce package active dry yeast
- ☐ 1 cup butter
- ☐ 2 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ ½ cup white sugar
- ☐ 1½ cups packed brown sugar
- ☐ 6 tablespoons dark corn syrup
- ☐ 4 cups all-purpose flour
- ☐ ½ cup warm water

EQUIPMENT Sauce pan, Oven

Method

- 1 Dissolve the yeast in the warm water.
- 2 Cut 1cup of the butter into the flour.
- 3 Mix in the sugar, eggs and yeast mixture.
- 4 Mix well and set aside to rise for 30 to 60 minutes.
- 5 Roll dough into balls and bake in a pizelle iron.
- 6 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).
- 7 Split waffles in half and spread cut sides with the warm filling. Then put the halves back together.

Nutrition per serving

234	3 g	8 g	38 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			5 g · 31% of daily needs
Fibre			0.7 g · 3% of daily needs
Sugar			21.8 g · 24% of daily needs
Sodium			79.3 mg · 3% of daily needs
Cholesterol			34 mg · 11% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/stroopwaffels-i-147460