



Vegan Chocolate Waffles

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 cups all purpose flour
- ☐ 2 Teaspoons double-acting baking powder
- ☐ 1.8 cups milk (I used Almond Milk)
- ☐ 0.3 cup oil
- ☐ 0.5 Teaspoon salt
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 Teaspoon vanilla extract
- ☐ 0.5 cup sugar white

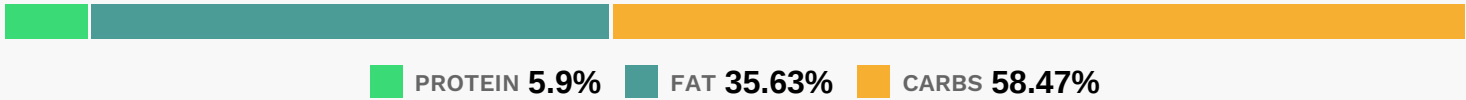
Equipment

- ☐ mixing bowl
- ☐ waffle iron

Directions

- ☐ Preheat the waffle iron according to the instructions which came with yours.In a large mixing bowl sift together the dry ingredients.Make a well in the center and add the wet ingredients one by one.
- ☐ Mix together until well combined.Spray the waffle iron with cooking spray and prepare waffles as instructed in your waffle iron manual.
- ☐ Serve it with your choice of topping.

Nutrition Facts



Properties

Glycemic Index:29.64, Glycemic Load:20.48, Inflammation Score:-3, Nutrition Score:5.6647826355437%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 203.63kcal (10.18%), Fat: 8.39g (12.91%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 30.98g (10.33%), Net Carbohydrates: 28.93g (10.52%), Sugar: 12.71g (14.12%), Cholesterol: 0mg (0%), Sodium: 323.78mg (14.08%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Caffeine: 8.24mg (2.75%), Protein: 3.13g (6.26%), Manganese: 0.28mg (14.09%), Calcium: 132.37mg (13.24%), Vitamin B1: 0.17mg (11.09%), Selenium: 7.65µg (10.93%), Folate: 39.27µg (9.82%), Iron: 1.58mg (8.79%), Copper: 0.17mg (8.36%), Vitamin E: 1.24mg (8.27%), Fiber: 2.05g (8.22%), Phosphorus: 70.74mg (7.07%), Vitamin B2: 0.11mg (6.73%), Vitamin B3: 1.31mg (6.55%), Magnesium: 22.8mg (5.7%), Vitamin K: 5.14µg (4.9%), Zinc: 0.39mg (2.61%), Potassium: 77.98mg (2.23%), Vitamin B5: 0.1mg (1.01%)