

Waffle King

 Vegetarian

READY IN



105 min.

SERVINGS



24

CALORIES



550 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup blackberries
- ☐ 2.5 cups cake flour
- ☐ 2 tablespoons cornstarch
- ☐ 1 cup cream cheese
- ☐ 1 eggs
- ☐ 4 eggs

- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 tablespoon granulated sugar
- ☐ 2 cups granulated sugar
- ☐ 0.3 cup heavy whipping cream
- ☐ 24 servings maple syrup for drizzling
- ☐ 0.8 cup milk
- ☐ 0.3 cup oil
- ☐ 5 cups powdered sugar
- ☐ 0.5 cup raspberries
- ☐ 0.1 teaspoon salt
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 sticks butter unsalted
- ☐ 2 sticks butter unsalted softened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup milk whole

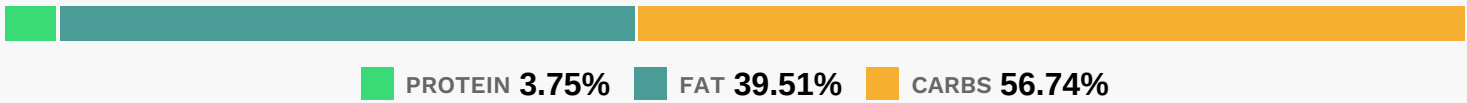
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ stand mixer
- ☐ muffin liners
- ☐ waffle iron

Directions

- ☐ Special equipment: Special equipment: waffle iron
- ☐ Preheat the oven to 325 degrees F. Line cupcake or muffin pans with 24 cupcake liners.
- ☐ In the bowl of a stand mixer with a paddle attachment, combine the flours, granulated sugar, baking powder and salt.
- ☐ Add in the butter and sour cream, and combine until the mixture is coarse and crumbly.
- ☐ In a pitcher, combine the milk, vanilla extract and eggs, and whisk until combined. Slowly add the ingredients in the pitcher into the butter-flour mixture, mixing until combined.
- ☐ Fill cupcake liners and bake for 20 minutes, rotating halfway through.
- ☐ Remove from the oven and cool completely before frosting.
- ☐ Fill the cupcakes with Razzleberry Filling. Top with Vanilla Cream Cheese Frosting and a waffle piece.
- ☐ Drizzle with maple syrup.
- ☐ Combine the berries, granulated sugar and cornstarch in a small pot and bring to a simmer over medium heat while whisking to break up the fruit. As soon as the mixture begins to simmer, remove from the heat and refrigerate immediately to cool.
- ☐ In a stand mixer with the paddle attachment, whip the butter and cream cheese until fully combined. Slowly add in the powdered sugar and heavy whipping cream. Beat until light and fluffy.
- ☐ Add in the vanilla extract and stir until incorporated.
- ☐ Preheat a waffle iron. In a glass bowl, beat the egg until fluffy.
- ☐ Add in the milk, oil and vanilla extract. Slowly add in the flour, granulated sugar, baking powder and salt. Spray the waffle iron with pan spray, and cook the waffles in batches until golden. When cool, break into squares.

Nutrition Facts



Properties

Glycemic Index:33.41, Glycemic Load:31.7, Inflammation Score:-5, Nutrition Score:8.0613043256428%

Flavonoids

Cyanidin: 4.14mg, Cyanidin: 4.14mg, Cyanidin: 4.14mg, Cyanidin: 4.14mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 550.32kcal (27.52%), Fat: 24.53g (37.74%), Saturated Fat: 13.48g (84.22%), Carbohydrates: 79.25g (26.42%), Net Carbohydrates: 78.36g (28.5%), Sugar: 59.57g (66.19%), Cholesterol: 91.91mg (30.64%), Sodium: 229.91mg (10%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 5.24g (10.49%), Manganese: 0.67mg (33.51%), Vitamin B2: 0.42mg (25%), Selenium: 12.98µg (18.54%), Vitamin A: 749.79IU (15%), Calcium: 123.33mg (12.33%), Phosphorus: 98.06mg (9.81%), Vitamin E: 1.19mg (7.91%), Vitamin B1: 0.11mg (7.65%), Folate: 28.36µg (7.09%), Iron: 0.9mg (5%), Vitamin D: 0.7µg (4.67%), Vitamin B5: 0.42mg (4.17%), Zinc: 0.62mg (4.16%), Vitamin B12: 0.24µg (4.08%), Potassium: 142.6mg (4.07%), Vitamin K: 4.27µg (4.06%), Magnesium: 16mg (4%), Vitamin B3: 0.77mg (3.84%), Fiber: 0.89g (3.55%), Copper: 0.06mg (3.03%), Vitamin B6: 0.05mg (2.31%), Vitamin C: 1.34mg (1.63%)