



Butter Roasted Chicken with Grit Waffles

READY IN



35 min.

SERVINGS



4

CALORIES



955 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon double-acting baking powder
- 4 servings pepper black freshly ground
- 1 pound skin-on chicken thighs bone-in
- 1 pound skin-on chicken drumsticks
- 1 tablespoon chipotle in adobo finely chopped (2 chipotle chiles)
- 1 large eggs
- 1 cup flour all-purpose
- 4 servings kosher salt
- 1 cup maple syrup pure

- 1 cup milk
- 0.3 cup cooking grits quick
- 1 stick butter unsalted melted

Equipment

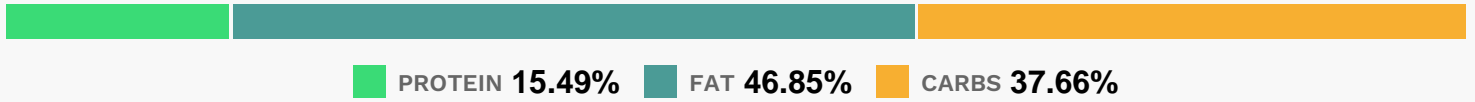
- bowl
- baking sheet
- oven
- whisk
- mixing bowl
- kitchen thermometer
- waffle iron

Directions

- Preheat the oven to 425 degrees F with a rack set in the top.
- Place a baking sheet on the rack to heat up.
- Whisk together 1 cup of the maple syrup and the chipotles in a bowl. Season with salt.
- Place the chicken drumsticks and thighs in a large bowl and sprinkle liberally with salt and pepper.
- Add half of the melted butter and toss the chicken to coat.
- Remove the hot baking sheet from the oven and carefully place the chicken on the baking sheet, skin-side up for the thighs.
- Bake until the skin is golden brown and crispy and the internal temperature on an instant-read thermometer registers 160 degrees F, 20 to 25 minutes.
- Meanwhile, make the waffles. Preheat a 6 1/2-inch waffle iron to medium-high heat.
- Whisk together the flour, grits, baking powder and 1/4 teaspoon salt in a mixing bowl. In a separate bowl, whisk together the milk, egg and the remaining melted butter and maple syrup. Slowly mix the wet ingredients into the dry ingredients, stirring until just combined.
- Spray the hot waffle iron with the cooking spray.

- Pour 1/2 cup of the batter in the center of the waffle iron, close the lid and cook until golden brown and cooked through, 3 to 5 minutes.
- Transfer the cooked waffle to a plate. Continue cooking waffles with the remaining batter, spraying between batches, making 4 waffles total.
- To serve, place a waffle on a large plate. Top each waffle with a drumstick and thigh.
- Drizzle all over with the chipotle maple syrup, serving any remaining syrup on the side.

Nutrition Facts



Properties

Glycemic Index:68.38, Glycemic Load:38.4, Inflammation Score:-7, Nutrition Score:29.083043367966%

Nutrients (% of daily need)

Calories: 955.4kcal (47.77%), Fat: 49.56g (76.24%), Saturated Fat: 22.29g (139.31%), Carbohydrates: 89.66g (29.89%), Net Carbohydrates: 87.97g (31.99%), Sugar: 51.66g (57.4%), Cholesterol: 278.92mg (92.97%), Sodium: 505.17mg (21.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.86g (73.72%), Manganese: 2.13mg (106.69%), Vitamin B2: 1.61mg (94.85%), Selenium: 48.64µg (69.49%), Vitamin B3: 10.59mg (52.96%), Phosphorus: 442.73mg (44.27%), Vitamin B1: 0.53mg (35.04%), Vitamin B6: 0.68mg (34.06%), Zinc: 3.97mg (26.46%), Calcium: 256.24mg (25.62%), Vitamin B12: 1.52µg (25.39%), Vitamin B5: 2.38mg (23.82%), Folate: 83.34µg (20.84%), Potassium: 712.19mg (20.35%), Vitamin A: 983.15IU (19.66%), Iron: 3.42mg (19.03%), Magnesium: 71.65mg (17.91%), Vitamin D: 1.52µg (10.11%), Copper: 0.17mg (8.32%), Vitamin E: 1.18mg (7.89%), Fiber: 1.69g (6.76%), Vitamin K: 6.38µg (6.08%)