



## Buttermilk Chicken and Waffles

READY IN



65 min.

SERVINGS



50

CALORIES



151 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.8 teaspoon baking soda
- 0.3 cup butter melted
- 1.8 cups buttermilk
- 12 fried chicken breast tenders cut into bite-size pieces
- 2 large eggs
- 1.5 cups flour all-purpose
- 50 servings garnish: green onions thinly sliced
- 50 servings peach-horseradish maple syrup

- 0.8 teaspoon salt
- 1 tablespoon sugar

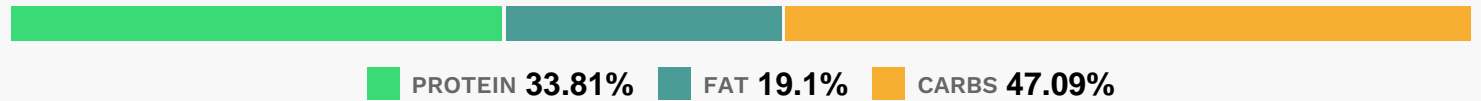
## Equipment

- bowl
- whisk
- waffle iron

## Directions

- Stir together first 5 ingredients in a large bowl.
- Whisk together buttermilk and next 2 ingredients in a small bowl; stir buttermilk mixture into flour mixture just until combined.
- Cook batter in a preheated, oiled mini-style waffle iron 3 1/2 to 4 minutes or until golden (about 1/2 Tbsp. batter per waffle). Top waffles with chicken, and drizzle with Peach-Horseradish Maple Syrup.

## Nutrition Facts



## Properties

Glycemic Index:7.73, Glycemic Load:7.41, Inflammation Score:-2, Nutrition Score:8.9499999906706%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 151.31kcal (7.57%), Fat: 3.15g (4.85%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 17.48g (5.83%), Net Carbohydrates: 17.22g (6.26%), Sugar: 12.79g (14.21%), Cholesterol: 46.33mg (15.44%), Sodium: 151.16mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.55g (25.09%), Vitamin B3: 5.94mg (29.68%), Selenium: 19.61µg (28.01%), Manganese: 0.5mg (25.22%), Vitamin B2: 0.36mg (20.92%), Vitamin B6: 0.42mg (20.9%), Phosphorus: 134.27mg (13.43%), Vitamin K: 12.68µg (12.07%), Vitamin B5: 0.86mg (8.58%), Potassium: 280.76mg (8.02%), Vitamin B1: 0.09mg (5.7%), Magnesium: 21.47mg (5.37%), Calcium: 47.61mg (4.76%), Zinc: 0.56mg (3.76%), Folate: 14.28µg (3.57%), Iron: 0.54mg (2.98%), Vitamin B12: 0.17µg (2.79%), Vitamin A: 138.57IU (2.77%), Vitamin C:

1.78mg (2.16%), Copper: 0.03mg (1.43%), Vitamin D: 0.2µg (1.36%), Vitamin E: 0.2mg (1.34%), Fiber: 0.26g (1.03%)