



Chicken and Bacon Waffles

READY IN



60 min.

SERVINGS



6

CALORIES



1206 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 16 slices bacon
- ☐ 2 tablespoons double-acting baking powder
- ☐ 3 cups buttermilk plus more if needed
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 3 large eggs plus 1 egg white
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 cups flour all-purpose
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 6 servings kosher salt

- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 6 servings maple syrup for serving
- ☐ 2 pounds chicken breasts boneless skinless cut into 1 1/2-inch-wide strips
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon paprika sweet
- ☐ 1 stick butter unsalted cooled melted
- ☐ 3 cups vegetable oil for frying

Equipment

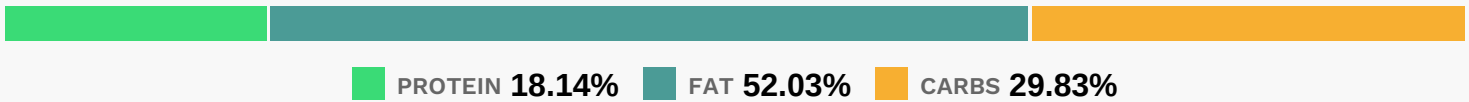
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ waffle iron

Directions

- ☐ Make the waffle batter: Dice 10 bacon slices; cook in a large cast-iron skillet over medium heat, stirring occasionally, until golden brown and crisp, about 8 minutes.
- ☐ Drain on paper towels.
- ☐ Add the remaining 6 bacon slices to the skillet and cook, turning occasionally, until golden brown and crisp, 9 to 11 minutes.
- ☐ Remove to the paper towels; reserve the drippings in the skillet.
- ☐ Combine the flour, baking powder, sugar and 1/2 teaspoon salt in a large bowl.
- ☐ Whisk the whole eggs, buttermilk and melted butter in a separate bowl, then whisk into the flour mixture until smooth. Stir in the cooked diced bacon.

- ☐ Transfer 2 cups of the batter to a separate large bowl for the chicken; reserve the remaining batter for the waffles.
- ☐ Make the chicken: Preheat the oven to 325 degrees F.
- ☐ Add the peanut oil to the skillet with the reserved bacon drippings; heat over medium-high heat until a deep-fry thermometer registers 350 degrees F.
- ☐ Add the thyme, paprika and cayenne to the 2 cups waffle batter; add up to 2 tablespoons buttermilk if the batter is too thick. Season the chicken with salt and black pepper, then toss with the flour.
- ☐ Add the chicken to the batter and set aside until ready to fry.
- ☐ Set a rack on a baking sheet. Working in batches, remove the chicken from the batter, letting the excess drip off, then fry until golden brown, 2 minutes per side; transfer to the rack and season with salt.
- ☐ Transfer to the oven and bake until no longer pink in the middle, about 8 minutes.
- ☐ Meanwhile, cook the waffles: Spray a waffle iron with cooking spray and preheat.
- ☐ Whisk the egg white in a bowl until soft peaks form; fold into the reserved waffle batter. Ladle 1/2 to 1 cup batter into the waffle iron for each waffle and cook according to the manufacturer's instructions.
- ☐ Serve with the fried chicken, bacon slices and maple syrup.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:83.93, Glycemic Load:56.59, Inflammation Score:-9, Nutrition Score:38.706521749496%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg

Nutrients (% of daily need)

Calories: 1206.11kcal (60.31%), Fat: 69.2g (106.46%), Saturated Fat: 24.08g (150.53%), Carbohydrates: 89.27g (29.76%), Net Carbohydrates: 86.69g (31.52%), Sugar: 20.24g (22.49%), Cholesterol: 189.18mg (63.06%), Sodium: 1340.88mg (58.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.28g (108.57%), Selenium: 97.25µg

(138.94%), Vitamin B3: 23.4mg (117%), Phosphorus: 693.49mg (69.35%), Vitamin B6: 1.38mg (69.13%), Vitamin B2: 1.17mg (68.86%), Vitamin B1: 1.01mg (67.03%), Manganese: 1.11mg (55.7%), Calcium: 428.05mg (42.81%), Folate: 170.92µg (42.73%), Vitamin K: 42.83µg (40.79%), Vitamin B5: 3.38mg (33.77%), Iron: 5.51mg (30.6%), Potassium: 1021.39mg (29.18%), Magnesium: 86.67mg (21.67%), Vitamin E: 3.02mg (20.12%), Vitamin B12: 1.19µg (19.91%), Vitamin A: 966.79IU (19.34%), Zinc: 2.82mg (18.79%), Vitamin D: 2.23µg (14.86%), Copper: 0.23mg (11.71%), Fiber: 2.58g (10.33%), Vitamin C: 2.95mg (3.57%)