



## Chicken and Kellogg's® Eggo® Waffle Appetizer Bites

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



740 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 3 tablespoons apricot preserves
- 2 cups panko bread crumbs (panko)
- 2 strips. boneless skinless cubed
- 3 eggs beaten
- 2 cups flour all-purpose
- 1 box eggo homestyle waffles toasted
- 2 tablespoons sea salt

- 2 tablespoons ground cumin
- 2 tablespoons pepper black
- 0.5 cup honey
- 2 tablespoons horseradish
- 6 servings hot sauce such as sriracha, for garnish
- 1.5 cups maple syrup
- 2 tablespoons onion powder
- 6 servings parsley for garnish
- 2 tablespoons salt
- 2 tablespoons paprika smoked
- 6 servings vegetable oil for frying
- 2 tablespoons coarse mustard whole

## Equipment

- baking sheet
- oven
- pot

## Directions

- Preheat the oven to 300 degrees F.
- Heat the vegetable oil in a pot to 350 degrees F.
- Sprinkle the chicken with the garlic, smoked paprika, cumin, onion powder, salt and pepper. Dredge the chicken in the flour, then the eggs and lastly the breadcrumbs. Working in batches, fry the chicken until golden brown, about 5 minutes. As they finish, place on a cookie sheet in the oven to keep warm.
- For the syrup, mix together the maple syrup, horseradish, apricot preserves, mustard and honey.
- To serve, drizzle syrup generously on a waffle half.
- Place a few chicken bites on top.
- Drizzle with more syrup and garnish with a touch of the hot sauce and a parsley leaf.

# Nutrition Facts

PROTEIN 9.59% FAT 16.48% CARBS 73.93%

## Properties

Glycemic Index:53.3, Glycemic Load:55.57, Inflammation Score:-9, Nutrition Score:29.642173787822%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 740.05kcal (37%), Fat: 13.75g (21.15%), Saturated Fat: 3.26g (20.35%), Carbohydrates: 138.76g (46.25%), Net Carbohydrates: 134.01g (48.73%), Sugar: 78.23g (86.92%), Cholesterol: 118.8mg (39.6%), Sodium: 2635.84mg (114.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18g (36%), Manganese: 2.81mg (140.66%), Vitamin B2: 1.53mg (89.75%), Vitamin K: 78.56µg (74.81%), Selenium: 36.56µg (52.23%), Vitamin B1: 0.67mg (44.6%), Iron: 6.43mg (35.72%), Vitamin A: 1697.59IU (33.95%), Folate: 123.65µg (30.91%), Vitamin B3: 6.14mg (30.72%), Phosphorus: 231.33mg (23.13%), Calcium: 206.82mg (20.68%), Fiber: 4.75g (19%), Vitamin B6: 0.36mg (17.76%), Magnesium: 70.86mg (17.71%), Potassium: 607.94mg (17.37%), Zinc: 2.49mg (16.58%), Copper: 0.27mg (13.46%), Vitamin B5: 1.19mg (11.93%), Vitamin C: 8.43mg (10.22%), Vitamin E: 1.43mg (9.55%), Vitamin B12: 0.51µg (8.5%), Vitamin D: 0.48µg (3.19%)