



Chicken and Waffle Monte Cristos with Rosemary-Maple Gravy

READY IN



30 min.

SERVINGS



4

CALORIES



1079 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bacon thick cut sliced
- 4 tablespoons butter
- 1 cup chicken stock see
- 1 large eggs
- 2 tablespoons flour all-purpose
- 0.3 cup amber maple syrup dark
- 1 cups milk
- 0.3 teaspoon nutmeg grated

- 4 servings olive oil extra-virgin for drizzling
- 1.5 cups multi-grain pancake mix (recommended: Highland Sugarworks)
- 1 handful a parmigiano-reggiano generous grated
- 2 sprigs rosemary finely chopped
- 4 servings salt and pepper black freshly ground
- 24 ounce chicken breasts boneless skinless
- 3 tablespoons vegetable oil

Equipment

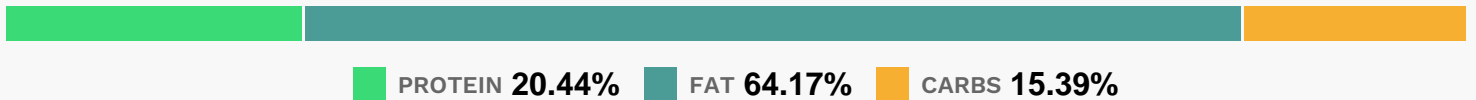
- bowl
- frying pan
- baking sheet
- oven
- whisk
- wire rack
- ramekin
- microwave
- waffle iron

Directions

- Watch how to make this recipe.
- Heat the oven to 325 degrees F.
- Arrange the bacon on a slotted pan or on a cooling rack set on top of a baking sheet.
- Bake the bacon or pancetta until crisp, 15 to 20 minutes.
- Meanwhile, cut each chicken breast horizontally to make 2 small cutlets from each piece. Pound the cutlets very thin and season with salt and pepper, to taste.
- Preheat the waffle iron.
- Melt a couple of tablespoons butter in small dish in the microwave.

- Combine the pancake mix, egg, milk, vegetable oil, nutmeg, cheese, and a pinch of salt in a medium bowl.
- Brush the waffle iron with melted butter and fill it with half of the batter, to make 4 square waffles.
- While the waffle cooks, heat a drizzle of extra-virgin olive oil in large skillet over medium-low heat and add the chicken cutlets.
- Saute, 4 cutlets at a time, until cooked through, a couple of minutes on each side.
- When the cutlets are all cooked, add a couple tablespoons butter to pan. When the butter has melted, stir in the rosemary and cook for 1 minute.
- Sprinkle in the flour, stir for 1 more minute, then whisk in the stock. Season with salt and pepper, to taste, then add the syrup. Reduce heat to low.
- Make second set of 4 waffles, while keeping the first set warm in oven with the bacon.
- To serve, cut the waffles into 8 squares. Arrange a chicken cutlet on each waffle and top with a couple of slices of bacon or pancetta.
- Add a second cutlet on the bacon and cover with another waffle.
- Cut the chicken and bacon wafflewich from corner to corner and serve with gravy poured over the top or in individual ramekins for dipping.

Nutrition Facts



Properties

Glycemic Index:99.63, Glycemic Load:9.8, Inflammation Score:-6, Nutrition Score:32.592173638551%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 1078.96kcal (53.95%), Fat: 76.31g (117.4%), Saturated Fat: 24.02g (150.13%), Carbohydrates: 41.18g (13.73%), Net Carbohydrates: 40.08g (14.58%), Sugar: 20.06g (22.29%), Cholesterol: 276.88mg (92.29%), Sodium: 1143.73mg (49.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.7g (109.41%), Selenium: 81.47µg (116.39%), Vitamin B3: 22.51mg (112.56%), Vitamin B6: 1.62mg (80.77%), Phosphorus: 725.64mg (72.56%), Vitamin B2: 0.94mg (55.16%), Manganese: 0.77mg (38.39%), Vitamin B5: 3.52mg (35.24%), Vitamin B1: 0.51mg (34.3%),

Potassium: 1111.04mg (31.74%), Vitamin K: 29.03µg (27.64%), Vitamin E: 3.99mg (26.61%), Calcium: 238.33mg (23.83%), Vitamin B12: 1.33µg (22.22%), Magnesium: 82.17mg (20.54%), Zinc: 2.94mg (19.57%), Vitamin A: 721.72IU (14.43%), Iron: 2.22mg (12.33%), Folate: 40.79µg (10.2%), Vitamin D: 1.38µg (9.2%), Copper: 0.15mg (7.47%), Fiber: 1.1g (4.4%), Vitamin C: 2.49mg (3.02%)