



Chicken and Waffle Sandwiches

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 4 boston lettuce leaves
- ☐ 6 ounces lower-sodium deli chicken breast thinly sliced
- ☐ 1 teaspoon cider vinegar
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 tablespoon buttermilk low-fat
- ☐ 4 slices lower-sodium bacon halved
- ☐ 3 tablespoons canola mayonnaise

- ☐ 0.3 teaspoon sugar
- ☐ 2 inch tomatoes ripe
- ☐ 8 whole-grain waffles frozen toasted

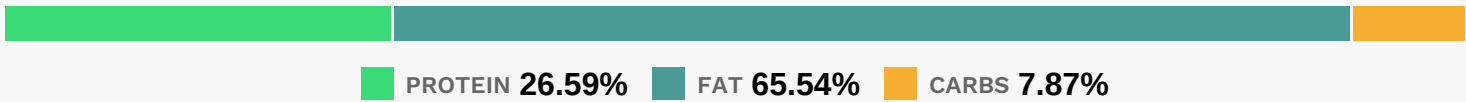
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Drain on paper towels.
- ☐ Combine mayonnaise and the next 5 ingredients (through black pepper) in a small bowl.
- ☐ Spread mayonnaise mixture evenly over 4 waffles. Divide chicken, bacon, tomato, and lettuce evenly among servings. Top with remaining waffles.

Nutrition Facts



Properties

Glycemic Index:58.77, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:5.7573913089607%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 119.32kcal (5.97%), Fat: 8.73g (13.43%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 2.14g (0.78%), Sugar: 1g (1.11%), Cholesterol: 26.25mg (8.75%), Sodium: 547.23mg (23.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.93%), Vitamin K: 32.67µg (31.11%), Vitamin B3: 3.93mg (19.65%), Phosphorus: 122.72mg (12.27%), Vitamin B6: 0.21mg (10.48%), Vitamin A: 520.14IU (10.4%), Selenium: 6.08µg (8.68%), Potassium: 207.06mg (5.92%), Vitamin B5: 0.47mg (4.72%), Folate: 15.37µg (3.84%), Magnesium: 14.67mg (3.67%), Vitamin E: 0.52mg (3.48%), Vitamin B2: 0.05mg (2.96%), Manganese: 0.06mg (2.78%), Iron: 0.41mg (2.29%), Vitamin B1: 0.03mg (2.2%), Zinc: 0.3mg (1.97%), Calcium: 16.06mg (1.61%), Vitamin B12: 0.08µg (1.34%)