



Chicken and Waffles

READY IN

ready

31 min.

SERVINGS

servings

4

CALORIES

calories

602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound chicken tenderloins
- ☐ 1 large eggs lightly beaten
- ☐ 0.8 cup flour instant (such as Wondra)
- ☐ 4 waffles frozen buttermilk or belgian-style
- ☐ 0.3 cup hot sauce
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1.5 cups chicken broth low-sodium
- ☐ 4 servings maple syrup for serving
- ☐ 1 teaspoon poultry seasoning

- ☐ 2 scallions plus more for garnish sliced
- ☐ 3 tablespoons butter unsalted
- ☐ 4 servings vegetable oil for shallow frying

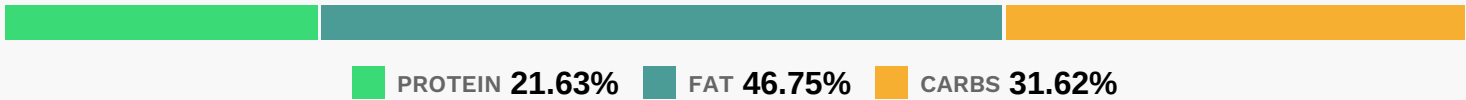
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat about 1 inch of oil in a large cast-iron or heavy-bottomed skillet over high heat.
- ☐ Whisk the hot sauce and egg in a medium bowl; toss the chicken in the mixture to coat.
- ☐ Combine the flour, poultry seasoning, and salt and pepper to taste in a medium bowl. Set aside 3 tablespoons seasoned flour in a separate bowl; dredge the chicken in the remaining seasoned flour until coated, shaking off any excess.
- ☐ Place the chicken in the hot oil and fry until golden and cooked through, 2 to 3 minutes per side, turning once.
- ☐ Transfer to a rack to cool slightly; discard the oil.
- ☐ Melt the butter in the same skillet and whisk in the reserved seasoned flour until smooth.
- ☐ Whisk in the scallions, then slowly pour in the broth. Bring to a simmer, whisking until the gravy is smooth. Meanwhile, toast the waffles.
- ☐ Place a waffle on each plate and drizzle with maple syrup. Top with chicken and gravy and garnish with scallions.
- ☐ Photography by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:35.88, Glycemic Load:17.95, Inflammation Score:-7, Nutrition Score:26.427826280179%

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: 602.07kcal (30.1%), Fat: 31.2g (48%), Saturated Fat: 9.69g (60.59%), Carbohydrates: 47.48g (15.83%), Net Carbohydrates: 46.17g (16.79%), Sugar: 13.5g (15%), Cholesterol: 150.75mg (50.25%), Sodium: 975.7mg (42.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.47g (64.95%), Vitamin B3: 16.67mg (83.37%), Selenium: 48.25µg (68.93%), Vitamin B6: 1.14mg (56.87%), Vitamin B2: 0.77mg (45.32%), Phosphorus: 431.54mg (43.15%), Vitamin K: 43.62µg (41.55%), Manganese: 0.69mg (34.63%), Vitamin B1: 0.44mg (29.64%), Iron: 4.59mg (25.49%), Folate: 90.55µg (22.64%), Vitamin A: 993.54IU (19.87%), Vitamin B5: 1.94mg (19.43%), Potassium: 657.25mg (18.78%), Vitamin B12: 1.07µg (17.91%), Vitamin C: 13.77mg (16.69%), Calcium: 135.87mg (13.59%), Magnesium: 50.46mg (12.61%), Vitamin E: 1.81mg (12.05%), Zinc: 1.45mg (9.68%), Copper: 0.13mg (6.69%), Fiber: 1.31g (5.24%), Vitamin D: 0.56µg (3.71%)