



food
network

Chicken and Waffles

READY IN



80 min.

SERVINGS



6

CALORIES



1349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 cups buttermilk
- 8 chicken breast boneless
- 4 tablespoons ghee
- 1 tablespoon dijon mustard
- 1.5 tablespoon dijon mustard
- 4 teaspoons ground mustard dry
- 2 eggs

- 1 cup flour
- 1 tablespoon thyme sprigs fresh finely chopped
- 1 tablespoon thyme sprigs fresh finely chopped
- 4 cups cup heavy whipping cream
- 1 pinch kosher salt
- 1 teaspoon kosher salt
- 6 servings salt and pepper freshly ground for seasoning
- 2 tablespoons sugar
- 0.5 cup butter unsalted melted
- 1 cup flour whole wheat

Equipment

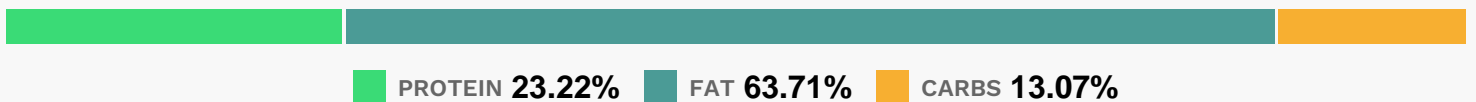
- bowl
- frying pan
- sauce pan
- ladle
- oven
- knife
- whisk
- waffle iron

Directions

- Special equipment: A waffle iron
- Sift together the flour, whole wheat flour, sugar, mustard, baking powder, baking soda, and salt.
- In a separate bowl, whisk together the buttermilk, melted butter, and eggs.
- Combine the wet ingredients, dry ingredients, and thyme to form waffle batter.
- Ladle the batter into the waffle iron, following the manufacturer's instructions. While the waffle iron is closed, trim any overflow with the back of a knife. Cook until golden.

- Serve waffles hot, topped with hot Roasted Chicken and a generous amount of hot Dijon Cream Sauce.
- Preheat the oven to 400 degrees F.
- Heat a large ovenproof skillet over high heat. Meanwhile, rub the chicken breasts with the clarified butter, salt, and pepper.
- Place the chicken skin-side down in the hot skillet. Cook for 3 to 4 minutes until the skin is golden and crispy. Turn the breasts over and cook for another minute. Flip the chicken back onto the skin side and place the skillet directly in the oven. Roast for 10 to 12 minutes or until the juices run clear (see Cook's Note*).
- Remove the skillet from the oven and let the chicken rest for several minutes before slicing (see Cook's Note**).
- Diagonally slice each chicken breast into 3 pieces.
- In a stainless-steel saucepan, combine the cream and thyme. Cook over medium-high heat until reduced by one half.
- Remove from the heat and whisk in both Dijon mustards and salt.
- Serve warm.
- The sauce can be stored in a covered container in the refrigerator for several days. Reheat over gentle heat while stirring constantly.

Nutrition Facts



Properties

Glycemic Index:70.35, Glycemic Load:15.8, Inflammation Score:-10, Nutrition Score:41.553913220115%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg

Nutrients (% of daily need)

Calories: 1349.32kcal (67.47%), Fat: 95.87g (147.49%), Saturated Fat: 56.26g (351.62%), Carbohydrates: 44.26g (14.75%), Net Carbohydrates: 40.8g (14.84%), Sugar: 12.91g (14.35%), Cholesterol: 501.78mg (167.26%), Sodium: 1410.38mg (61.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 78.62g (157.24%), Selenium: 133.19µg (190.27%), Vitamin B3: 33.98mg (169.92%), Vitamin B6: 2.48mg (123.76%), Phosphorus: 955.18mg (95.52%),

Vitamin A: 3224.24IU (64.48%), Vitamin B2: 0.97mg (56.82%), Manganese: 1.11mg (55.54%), Vitamin B5: 5.5mg (54.99%), Potassium: 1527.1mg (43.63%), Vitamin B1: 0.56mg (37.11%), Magnesium: 143.44mg (35.86%), Vitamin D: 4.46µg (29.71%), Calcium: 290.98mg (29.1%), Zinc: 3.47mg (23.13%), Vitamin B12: 1.39µg (23.12%), Iron: 3.95mg (21.97%), Folate: 80.43µg (20.11%), Vitamin E: 2.93mg (19.5%), Fiber: 3.46g (13.85%), Copper: 0.27mg (13.57%), Vitamin C: 8.42mg (10.21%), Vitamin K: 7.9µg (7.52%)