



Chicken 'n Waffle Bites

 **Gluten Free**

READY IN



37 min.

SERVINGS



40

CALORIES



75 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 lb chicken breasts boneless cut into bite-size pieces
- 8 oz philadelphia cream cheese spread
- 2 Tbsp chives fresh sliced
- 10.9 oz waffles frozen mini separated lightly toasted
- 6 oz take cheddar jack & bacon recipe cheese breadcrumb mix mixed fresh
- 0.5 cup maple syrup

Equipment

- oven

Directions

- Heat oven to 375F.
- Coat chicken with cheese mixture as directed on package.
- Bake 12 min. or until done (165F).
- Spread each waffle with scant 1 tsp. cream cheese spread; top with 1 chicken piece, a drizzle of maple syrup and sprinkle of chives. Insert pick to secure.
- Serve warm.

Nutrition Facts

PROTEIN 23.14% **FAT 43.76%** **CARBS 33.1%**

Properties

Glycemic Index:2.71, Glycemic Load:1, Inflammation Score:-2, Nutrition Score:3.0604348176199%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 75.24kcal (3.76%), Fat: 3.63g (5.58%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 6.17g (2.06%), Net Carbohydrates: 6.08g (2.21%), Sugar: 2.82g (3.13%), Cholesterol: 16.57mg (5.52%), Sodium: 110.61mg (4.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.63%), Vitamin B3: 1.66mg (8.31%), Vitamin B2: 0.12mg (7.02%), Vitamin B6: 0.14mg (6.78%), Phosphorus: 66.96mg (6.7%), Calcium: 61.54mg (6.15%), Selenium: 4.25µg (6.07%), Manganese: 0.1mg (4.77%), Vitamin A: 214IU (4.28%), Vitamin B12: 0.2µg (3.28%), Iron: 0.59mg (3.27%), Vitamin B1: 0.05mg (3.05%), Folate: 8.33µg (2.08%), Potassium: 61.55mg (1.76%), Zinc: 0.26mg (1.74%), Vitamin B5: 0.17mg (1.71%), Magnesium: 6.32mg (1.58%)