



Fried Chicken and Waffle Sandwich Bites

 Gluten Free  Low Fod Map

READY IN



90 min.

SERVINGS



16

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices bacon cut in half
- 8 oz chicken breast boneless skinless
- 0.1 teaspoon salt
- 1 Dash pepper black freshly ground
- 0.5 teaspoon chipotle sauce
- 1 eggs
- 2 tablespoons vegetable oil
- 0.3 cup butter softened

- 2 tablespoons maple syrup pure
- 2 teaspoons irish whiskey
- 1 eggs
- 6 oz beer
- 1 tablespoon vegetable oil
- 0.5 cup frangelico
- 1.3 cups frangelico

Equipment

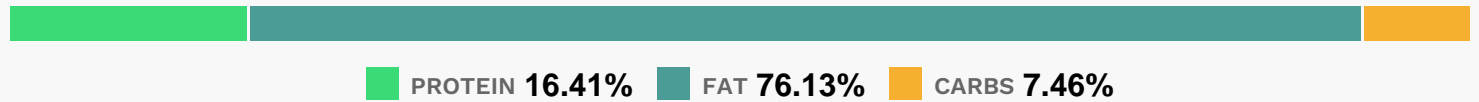
- bowl
- frying pan
- paper towels
- oven
- plastic wrap
- rolling pin
- meat tenderizer
- waffle iron

Directions

- In 12-inch skillet, cook bacon over low heat 8 to 10 minutes, turning occasionally, until crisp.
- Drain on paper towels. Set aside.
- Between pieces of waxed paper or plastic wrap, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/2 inch thick.
- Cut into 2-inch pieces. Season chicken with salt and pepper.
- In shallow bowl, mix 1/2 cup Bisquick mix and the chipotle powder. In another bowl, beat egg with fork. Dip chicken into egg mixture; coat with Bisquick mixture.
- In 12-inch nonstick skillet, heat 2 tablespoons oil over medium heat.
- Add chicken; cook 6 to 8 minutes, turning once, until chicken is no longer pink in center and coating is golden brown. Meanwhile, in another small bowl, stir together Maple-Bourbon Butter ingredients until smooth. Set aside.

- Heat waffle iron. In medium bowl, stir Beer Waffle ingredients until blended.
- Pour about 1 tablespoon batter onto center of each quarter of hot waffle iron. Close lid of waffle iron.
- Bake about 2 minutes or until steaming stops. Carefully remove waffles. Repeat with remaining batter, making 32 small waffles.
- Place waffle section on plate; spread Maple-Bourbon Butter on waffle, top with 1 half slice bacon, 1 piece chicken, and another waffle section.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:0.77, Inflammation Score:-1, Nutrition Score:3.2195651796849%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 130.96kcal (6.55%), Fat: 10.69g (16.45%), Saturated Fat: 3.93g (24.56%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 2.31g (0.84%), Sugar: 1.58g (1.76%), Cholesterol: 44.42mg (14.81%), Sodium: 138.83mg (6.04%), Alcohol: 0.59g (100%), Alcohol %: 1.49% (100%), Protein: 5.19g (10.37%), Selenium: 8.53µg (12.19%), Vitamin B3: 1.98mg (9.92%), Vitamin B6: 0.15mg (7.49%), Phosphorus: 58.86mg (5.89%), Vitamin B2: 0.08mg (4.93%), Vitamin K: 4.99µg (4.76%), Vitamin B5: 0.36mg (3.56%), Manganese: 0.06mg (3.21%), Vitamin B1: 0.04mg (2.94%), Vitamin E: 0.42mg (2.82%), Potassium: 91.26mg (2.61%), Vitamin A: 126.69IU (2.53%), Vitamin B12: 0.14µg (2.34%), Zinc: 0.3mg (2.03%), Magnesium: 6.91mg (1.73%), Iron: 0.2mg (1.12%), Vitamin D: 0.17µg (1.12%)