



Fried Chicken and Waffle Sliders with Spicy Mayo

READY IN



120 min.

SERVINGS



8

CALORIES



778 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon apple cider vinegar
- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1 bay leaf
- 1 teaspoon pepper black freshly ground
- 1 cup buttermilk
- 8 ounces buttermilk
- 0.3 cup canola oil

- 1 cup carrots grated
- 4 chicken breasts boneless sliced into wide pieces and pounded to 1/2-inch-thick
- 1 teaspoon dijon mustard
- 2 eggs beaten
- 1 cup flour all-purpose
- 2 cups flour all-purpose
- 3 cloves garlic smashed
- 1 tablespoon garlic powder
- 1 teaspoon garlic powder
- 1 apples i use 2 granny smith apples cored julienned (skin-on)
- 2 cups cabbage green thinly sliced
- 1 cup honey
- 1 teaspoon hot sauce such as tabasco
- 2 cups ice cubes
- 1.5 teaspoons penzey's southwest seasoning italian
- 0.5 teaspoon kosher salt
- 1 cup kosher salt
- 2 tablespoons kosher salt
- 0.3 cup mayonnaise
- 0.5 teaspoon onion powder
- 1 tablespoon onion powder
- 2 teaspoons paprika
- 1 teaspoon peppercorns
- 0.5 cup cabbage red thinly sliced
- 1 teaspoon chile flakes red
- 0.5 small onion red thinly sliced
- 8 servings salt and pepper black freshly ground
- 0.3 cup cup heavy whipping cream sour
- 3 tablespoons sriracha

- 1 cup sugar
- 1.5 tablespoons sugar
- 1 Leaves from 2 sprigs thyme
- 1 ounce butter unsalted melted

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- plastic wrap
- skewers
- waffle iron

Directions

- Watch how to make this recipe.
- Special equipment: 7-inch round waffle iron, 8 bamboo skewers
- For the brine: To a saucepan, add 2 cups water, the salt, sugar, red chile flakes, peppercorns, garlic thyme leaves and bay leaf. Bring to a simmer to dissolve the sugar and salt. Once boiling, remove from the heat and add the ice. Once the liquid is cool, place into a freezer bag, and add the chicken to the brine, making sure it is completely submerged. Refrigerate for 1 hour.
- Combine the flour, sugar, baking powder, salt and baking soda. In a separate bowl, beat together the buttermilk, butter and eggs. Make a well in the center of the dry ingredients and add the wet ingredients to the dry while stirring with a whisk.
- Mix until well combined and there are no lumps. Cover with plastic wrap.
- Pour the waffle batter into the waffle iron and cook according to the manufacturer's instructions. Repeat for the remaining waffle batter.
- Whisk together the honey, mayonnaise, Sriracha, garlic powder, onion powder and salt, and set in the refrigerator to allow flavors to come together.

- Mix mayonnaise, sour cream, mustard and vinegar together in a large bowl. Then add green cabbage, carrot, red cabbage, red onion and apple. Season with salt and pepper. Stir well so everything is coated evenly. Keep the slaw refrigerated until ready to use.
- Combine the flour, garlic powder, onion powder, salt, Italian seasoning, paprika and black pepper. In a separate shallow dish, whisk together the eggs, buttermilk and hot sauce. Dredge each piece of chicken in the flour mixture, then into the egg, shake off excess, and then back into the flour mixture.
- Heat the canola oil in a cast-iron skillet over medium-high heat. Brown the chicken in the hot oil until golden and crispy, 3 to 4 minutes per side.
- Place the cooked chicken onto a rack on a sheet tray and keep warm while you finish cooking the rest of the chicken.
- Place the chicken into a warm oven to keep warm and crisp while you prepare the sliders.
- Spread the prepared mayonnaise on the bottom waffle and top with a couple of pieces of fried chicken to create a slider. Top with a pile of slaw. Finish with the second waffle piece and hold together with a bamboo skewer. Repeat for the remaining waffles and chicken.
- Cut into quarters and serve.

Nutrition Facts

PROTEIN 17.09% **FAT 26.5%** **CARBS 56.41%**

Properties

Glycemic Index:125.16, Glycemic Load:66.19, Inflammation Score:-10, Nutrition Score:30.137391401374%

Flavonoids

Cyanidin: 12.03mg, Cyanidin: 12.03mg, Cyanidin: 12.03mg, Cyanidin: 12.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 777.85kcal (38.89%), Fat: 23.28g (35.82%), Saturated Fat: 6.12g (38.22%), Carbohydrates: 111.5g (37.17%), Net Carbohydrates: 107.48g (39.08%), Sugar: 69.76g (77.51%), Cholesterol: 134.46mg (44.82%), Sodium: 16529.36mg (718.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.77g (67.55%), Selenium: 59.72µg (85.31%), Vitamin B3: 15.07mg (75.36%), Vitamin A: 3439.73IU (68.79%), Vitamin B6: 1.07mg (53.47%), Phosphorus: 406.97mg (40.7%), Vitamin K: 40.07µg (38.16%), Manganese: 0.7mg (35.1%), Vitamin B1: 0.53mg (35.08%), Vitamin B2: 0.58mg (34.15%), Folate: 116.8µg (29.2%), Vitamin B5: 2.45mg (24.49%), Potassium: 801.92mg (22.91%), Vitamin C: 18.55mg (22.49%), Iron: 3.97mg (22.06%), Vitamin E: 2.48mg (16.56%), Calcium: 161.94mg (16.19%), Fiber: 4.03g (16.11%), Magnesium: 63.46mg (15.87%), Zinc: 1.79mg (11.94%), Copper: 0.22mg (11.14%), Vitamin B12: 0.62µg (10.36%), Vitamin D: 1.16µg (7.72%)