



## Fried Chicken and Waffles Stack with Iceberg Salad and Garlicky Ranch Aioli

READY IN



90 min.

SERVINGS



4

CALORIES



1251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 3 tablespoons butter melted
- 1 cup buttermilk
- 2 cups buttermilk
- 4 servings canola oil for frying
- 4 chicken thighs
- 0.5 cup cornstarch
- 0.5 teaspoon curry powder

- 1 egg yolk
- 2 eggs separated
- 1.5 cups flour all-purpose
- 2 cups flour all-purpose
- 1.5 cups grapeseed oil
- 0.5 head iceberg lettuce
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons lemon-pepper seasoning divided
- 4 servings maple syrup
- 0.3 cup ranch dressing prepared
- 3 cloves roasted garlic prepared
- 0.5 teaspoon sugar

## Equipment

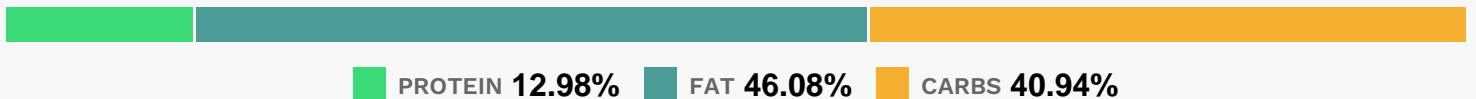
- bowl
- frying pan
- baking sheet
- oven
- whisk
- waffle iron

## Directions

- Special equipment: waffle maker
- In a large bowl, combine 1 tablespoon lemon-pepper seasoning with 1 cup buttermilk
- Soak the chicken in the seasoned buttermilk for 30 minutes
- Pour the canola oil into a deep, heavy skillet until the oil fills the pan about an inch up the sides.
- Heat the oil over medium-high heat until it reaches 375 degrees F.
- Preheat the oven to 350 degrees F.

- In another large bowl, whisk together the cornstarch, flour, remaining lemon-pepper seasoning, and a good pinch of salt, and pepper.
- Remove the chicken thighs from the buttermilk, dip in the seasoned flour, then dip back into the buttermilk, and then into the flour again. Make sure to coat the chicken on all sides with each dip.
- Fry the chicken until golden brown on each side, about 8 minutes per side.
- Transfer the chicken to a baking sheet and roast in the oven for 5 to 7 more minutes, or until cooked through.
- Mix the flour, baking powder, sugar, and curry powder for the waffles in one bowl and whisk together the buttermilk, eggs, and melted butter in another bowl.
- Combine the 2 mixtures by pouring the wet ingredients into the dry ingredients and stirring until just evenly combined.
- Preheat a waffle maker and make waffles according to manufacturer's instructions. Cook the waffles until lightly golden. Make the waffles until you've used up all of the batter. Keep the waffles and chicken warm.
- Put the one egg yolk into a small bowl. Season with salt and pepper and start whisking while slowly drizzling in the grapeseed oil.
- Whisk until thickened.
- Mince the garlic cloves and stir into the aioli. Stir in the ranch dressing.
- To serve, slice the waffles open in half through the centers and lay the bottom halves on a platter. Top each waffle slice with a lettuce leaf and top with a piece of chicken.
- Drizzle the aioli over top of it all and top with the remaining waffles halves.
- Serve with maple syrup on the side.

## Nutrition Facts



## Properties

Glycemic Index:161.4, Glycemic Load:69.48, Inflammation Score:-9, Nutrition Score:40.79565222367%

## Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

## **Nutrients (% of daily need)**

Calories: 1250.74kcal (62.54%), Fat: 63.68g (97.96%), Saturated Fat: 18.05g (112.81%), Carbohydrates: 127.33g (42.44%), Net Carbohydrates: 122.51g (44.55%), Sugar: 23.76g (26.39%), Cholesterol: 287.45mg (95.82%), Sodium: 578.38mg (25.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.35g (80.69%), Selenium: 75.81µg (108.3%), Manganese: 1.78mg (89.13%), Vitamin B2: 1.42mg (83.51%), Vitamin B1: 1.1mg (73.04%), Folate: 250.89µg (62.72%), Vitamin B3: 12.06mg (60.28%), Phosphorus: 576.92mg (57.69%), Vitamin K: 47.77µg (45.5%), Vitamin E: 6.76mg (45.08%), Iron: 7.28mg (40.46%), Calcium: 339.92mg (33.99%), Vitamin B6: 0.63mg (31.33%), Vitamin B12: 1.88µg (31.3%), Vitamin B5: 3.03mg (30.32%), Zinc: 3.61mg (24.06%), Vitamin A: 1194.77IU (23.9%), Potassium: 833.73mg (23.82%), Vitamin D: 3.15µg (21.01%), Magnesium: 83.39mg (20.85%), Fiber: 4.82g (19.28%), Copper: 0.36mg (17.86%), Vitamin C: 2.62mg (3.17%)