



Fried Chicken 'n Waffle Sandwich Bites

 Low Fod Map

READY IN



90 min.

SERVINGS



16

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices bacon cut in half
- 6 oz beer
- 0.3 cup butter softened
- 0.5 teaspoon chipotle sauce
- 1 eggs
- 2 tablespoons maple syrup pure
- 1 Dash pepper black freshly ground
- 0.1 teaspoon salt

- 8 oz chicken breast boneless skinless
- 1 tablespoon vegetable oil
- 2 teaspoons irish whiskey
- 1.3 cups baking mix original bisquick®

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

 **PROTEIN 15.21%**  **FAT 62.28%**  **CARBS 22.51%**

Properties

Glycemic Index:10.88, Glycemic Load:0.77, Inflammation Score:-2, Nutrition Score:3.9986956424039%

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: 152.13kcal (7.61%), Fat: 10.17g (15.65%), Saturated Fat: 3.96g (24.72%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 8.03g (2.92%), Sugar: 2.67g (2.96%), Cholesterol: 34.38mg (11.46%), Sodium: 254.55mg (11.07%), Alcohol: 0.59g (100%), Alcohol %: 1.36% (100%), Protein: 5.59g (11.18%), Vitamin B3: 2.41mg (12.04%), Selenium: 8.39µg (11.99%), Phosphorus: 108.26mg (10.83%), Vitamin B6: 0.15mg (7.61%), Vitamin B2: 0.11mg (6.6%), Vitamin B1: 0.1mg (6.46%), Manganese: 0.1mg (4.76%), Vitamin B5: 0.4mg (3.96%), Folate: 14.32µg (3.58%), Potassium: 102.74mg (2.94%), Vitamin B12: 0.15µg (2.54%), Calcium: 23.62mg (2.36%), Vitamin K: 2.47µg (2.35%), Iron: 0.41mg (2.29%), Vitamin A: 112.22IU (2.24%), Magnesium: 8.92mg (2.23%), Zinc: 0.33mg (2.17%), Vitamin E: 0.27mg (1.78%), Copper: 0.03mg (1.28%)