



Honey Waffle Crusted Chicken

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



490 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1.5 pounds meat from a rotisserie chicken boneless skinless
- ☐ 1 cup coconut milk beverage unsweetened
- ☐ 0.3 cup coconut oil
- ☐ 1 large eggs separated
- ☐ 2 teaspoons honey
- ☐ 4 servings additional honey for dribbling
- ☐ 0.3 teaspoon kosher salt

- ☐ 2 tablespoons oil plain for frying
- ☐ 4 servings salt and pepper white to taste
- ☐ 1 level cup unbleached flour all-purpose

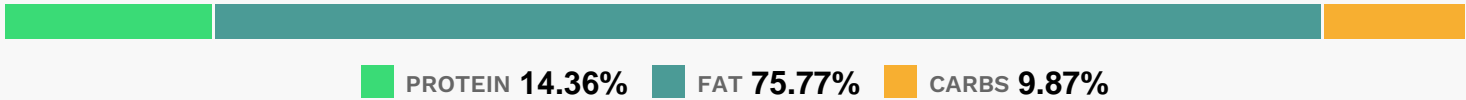
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Pat chicken dry with paper towels and salt and pepper them on both sides.Put egg yolk in a large bowl. Reserve the egg white in a small bowl.Melt the coconut oil in a small saucepan and remove from heat to cool slightly. While it's cooling, whisk the egg yolk and milk beverage together, then add the cooled melted oil, flour, baking powder, honey, and salt.
- ☐ Whisk together until just barely combined; some lumps may remain. Beat the egg white by hand or with an electric mixer until peaks form. Gently fold the egg white into the batter with a spatula.
- ☐ Heat oil in a large heavy skillet. Dip chicken pieces one by one in the waffle batter to cover both sides and add to skillet. Continue with remaining chicken pieces and batter, in batches if necessary. Cook 4 to 5 minutes on each side or until golden brown.
- ☐ Serve hot with extra honey if desired.

Nutrition Facts



Properties

Glycemic Index:73.39, Glycemic Load:4.8, Inflammation Score:-2, Nutrition Score:10.53217383053%

Nutrients (% of daily need)

Calories: 490.38kcal (24.52%), Fat: 42.67g (65.65%), Saturated Fat: 27.91g (174.46%), Carbohydrates: 12.51g (4.17%), Net Carbohydrates: 11.16g (4.06%), Sugar: 10.67g (11.86%), Cholesterol: 107.74mg (35.91%), Sodium: 476.46mg (20.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.19g (36.39%), Vitamin B3: 6.05mg (30.23%), Manganese: 0.58mg (28.98%), Selenium: 19.49µg (27.84%), Phosphorus: 216.42mg (21.64%), Vitamin B6: 0.33mg (16.47%), Iron: 2.06mg (11.43%), Zinc: 1.66mg (11.08%), Copper: 0.21mg (10.61%), Vitamin B5: 1.05mg (10.53%), Magnesium: 40.44mg (10.11%), Potassium: 335.26mg (9.58%), Vitamin B2: 0.16mg (9.43%), Vitamin B12: 0.36µg (6.07%), Calcium: 55.97mg (5.6%), Fiber: 1.35g (5.4%), Folate: 21.04µg (5.26%), Vitamin E: 0.73mg (4.84%), Vitamin B1: 0.07mg (4.77%), Vitamin C: 3.04mg (3.68%), Vitamin A: 181.81IU (3.64%), Vitamin D: 0.41µg (2.76%), Vitamin K: 2.4µg (2.29%)