



Mantastic Fried Chicken and Waffle Sandwich

 Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 slices bacon
- 1 tablespoon butter
- 4 slices onion (from 1 medium onion)
- 16 oz chicken breast boneless skinless
- 0.3 teaspoon salt
- 0.1 teaspoon pepper black freshly ground
- 0.5 teaspoon chipotle sauce
- 1 eggs

- 0.5 teaspoon chipotle sauce
- 0.3 cup vegetable oil
- 0.8 cup maple syrup pure
- 2 tablespoons butter
- 1 tablespoon irish whiskey
- 1 eggs
- 12 oz beer
- 2 tablespoons vegetable oil
- 0.8 cup frangelico
- 2 cups frangelico

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- 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.
- In 6-inch skillet, melt 1 tablespoon butter over medium heat. Cook onion in butter about 10 minutes, stirring frequently, until golden brown. Set aside.
- Between pieces of waxed paper or plastic wrap, place each chicken breast smooth side down; gently pound with flat side of a meat mallet or rolling pin until about 1/2 inch thick.

Season chicken with salt and pepper.

- In shallow bowl, mix 3/4 cup Bisquick mix and 1/2 teaspoon chipotle powder. In another bowl, beat egg and remaining 1/2 teaspoon chipotle powder with fork. Dip chicken into egg mixture; coat with Bisquick mixture.
- In 12-inch nonstick skillet, heat 1/4 cup oil over medium heat.
- Add chicken; cook 8 to 10 minutes, turning once, until chicken is no longer pink in center and coating is golden brown. Meanwhile, in 1-quart saucepan, heat maple syrup and 2 tablespoons butter to boiling.
- Remove from heat; stir in bourbon. Set aside.
- In medium bowl, stir waffle ingredients until blended.
- Pour slightly less than 2/3 cup batter onto center of hot waffle iron. Close lid of waffle iron.
- Bake about 5 minutes or until steaming stops. Carefully remove waffle. Repeat with remaining batter, making 8 waffle sections.
- Place waffle section on plate; top with 3 slices bacon, 1 piece chicken, onion slices and another waffle section.
- Cut each sandwich in half, serve with syrup for dipping.

Nutrition Facts

 PROTEIN 16.46%  FAT 62.06%  CARBS 21.48%

Properties

Glycemic Index:31.38, Glycemic Load:8.19, Inflammation Score:-4, Nutrition Score:12.973043535067%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 455.28kcal (22.76%), Fat: 30.12g (46.33%), Saturated Fat: 9.32g (58.26%), Carbohydrates: 23.46g (7.82%), Net Carbohydrates: 23.16g (8.42%), Sugar: 18.69g (20.76%), Cholesterol: 110.27mg (36.76%), Sodium:

411.51mg (17.89%), Alcohol: 2.33g (100%), Alcohol %: 1.49% (100%), Protein: 17.97g (35.94%), Selenium: 28.5µg (40.71%), Vitamin B3: 7.5mg (37.52%), Manganese: 0.73mg (36.31%), Vitamin B2: 0.53mg (31.26%), Vitamin B6: 0.56mg (27.97%), Phosphorus: 197.72mg (19.77%), Vitamin K: 19.37µg (18.45%), Vitamin B5: 1.19mg (11.92%), Potassium: 381.64mg (10.9%), Vitamin B1: 0.16mg (10.5%), Vitamin E: 1.32mg (8.83%), Magnesium: 29.77mg (7.44%), Zinc: 1.09mg (7.29%), Vitamin B12: 0.39µg (6.56%), Calcium: 48.3mg (4.83%), Vitamin A: 220.13IU (4.4%), Iron: 0.6mg (3.34%), Folate: 11.48µg (2.87%), Vitamin D: 0.41µg (2.72%), Copper: 0.04mg (2.13%), Vitamin C: 1.2mg (1.45%), Fiber: 0.3g (1.21%)