



Mantastic Fried Chicken and Waffle Sandwich

 **Gluten Free**  **Popular**

READY IN



90 min.

SERVINGS



8

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 slices bacon
- 12 oz beer
- 0.1 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 2 tablespoons butter
- 0.5 teaspoon chipotle sauce
- 1 eggs
- 0.8 cup maple syrup pure

- 4 slices onion (from 1 medium onion)
- 0.3 teaspoon salt
- 16 oz chicken breast boneless skinless
- 0.3 cup vegetable oil
- 2 tablespoons vegetable oil
- 1 tablespoon irish whiskey
- 0.8 cup frangelico
- 2 cups frangelico
- 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 16.12%**  **FAT 62.2%**  **CARBS 21.68%**

Properties

Glycemic Index:31.38, Glycemic Load:8.19, Inflammation Score:-4, Nutrition Score:12.4539131444443%

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: 446.4kcal (22.32%), Fat: 29.58g (45.51%), Saturated Fat: 9.15g (57.16%), Carbohydrates: 23.21g (7.74%), Net Carbohydrates: 22.99g (8.36%), Sugar: 18.54g (20.6%), Cholesterol: 89.81mg (29.94%), Sodium: 403.44mg

(17.54%), Alcohol: 2.33g (100%), Alcohol %: 1.53% (100%), Protein: 17.25g (34.49%), Selenium: 26.81µg (38.3%), Vitamin B3: 7.5mg (37.5%), Manganese: 0.72mg (36.24%), Vitamin B2: 0.51mg (29.78%), Vitamin B6: 0.55mg (27.5%), Phosphorus: 186.83mg (18.68%), Vitamin K: 19.36µg (18.44%), Vitamin B5: 1.11mg (11.08%), Potassium: 374.05mg (10.69%), Vitamin B1: 0.16mg (10.35%), Vitamin E: 1.27mg (8.44%), Magnesium: 29.11mg (7.28%), Zinc: 1.02mg (6.82%), Vitamin B12: 0.34µg (5.75%), Calcium: 45.22mg (4.52%), Vitamin A: 190.43IU (3.81%), Iron: 0.5mg (2.8%), Folate: 8.9µg (2.22%), Vitamin D: 0.3µg (1.99%), Copper: 0.04mg (1.94%), Vitamin C: 1.2mg (1.45%)