

Low Carb Chicken and Waffles

♥ lowcarblove.com/blog/low-carb-chicken-and-waffles

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Servings: 4

Ingredients:

Waffles:

- 4 eggs
- 4 oz softened cream cheese
- 2 tsp baking powder
- ½ tsp cinnamon

- 1 tsp vanilla
- $\frac{3}{4}$ cup almond flour
- 1 tbsp sweetener

Fried Chicken:

- 2 lbs bone in chicken
- 1 cup buttermilk
- 2 eggs, beaten
- 1 tsp paprika
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp onion powder
- Salt and pepper to taste

Breading:

- 1 cup protein powder
- 2 tbsp grated parmesan cheese
- $\frac{1}{4}$ tsp black pepper
- 1 tsp garlic powder
- $\frac{1}{2}$ tsp chili powder
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{2}$ tsp dried oregano
- 2 tsp paprika
- 1 tsp salt
- 1 cup avocado oil for frying

Topping:

Choczero Maple Syrup (discount code - lowcarblove)

Directions:

For your chicken:

1. Preheat your oven to 200F.
2. Clean your chicken and pat dry with paper towels. Make sure your chicken is as dry as possible.
3. In a bag, add your eggs with the buttermilk, and mix. Soak the chicken in the buttermilk mixture for 30 minutes in the fridge, this tenderizes the chicken.
4. In a separate bowl, add your protein powder, parmesan cheese and spices. Mix together, this is your breading.
5. Add your brined chicken to your egg, then your breading. Shake to coat and also shake off any excess and set the chicken aside on a rack to dry.
6. Pour the oil into a deep skillet and fry for about 3-4 minutes on each side on medium high heat. Make sure you watch it, you don't want to burn your breading. You'll finish off the chicken in the oven.
7. Finish shallow frying the rest of the chicken, making sure to not overcrowd the pan. Remove the chicken and place on a cooling rack.
8. Bake for 45 minutes until the internal temperature is 165F.

For your waffles:

1. Place all ingredients in a blender and blend for 30 seconds.
2. Let the batter sit for 10 minutes.
3. Heat up the waffle maker and add your batter.

4. Cook until done and add maple syrup!

NUTRITION:

Nutrition per serving (Waffles):

- Calories - 205
- Fat - 17g
- Protein - 9g
- Total Carbs - 7g
- Net Carbs - 5g

Nutrition per serving (Fried chicken):

- Calories - 403
 - Fat - 16g
 - Protein - 57g
 - Total Carbs - 4g
 - Net Carbs - 3g
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