

Chicken Parmesan Chaffle

Serves 4 | Prep time 10 minutes | Cooking time 5–7 minutes

Ingredients

Batter

2 cups cooked shredded chicken breast
4 eggs
3 tablespoons tomato sauce
¼ cup almond flour
Salt and pepper to taste
½ teaspoon dried garlic
1 cup grated parmesan cheese
1 teaspoon dried oregano
2 tablespoons cream cheese
1 cup grated mozzarella cheese

Other

2 tablespoons butter to brush the waffle maker
¼ cup tomato sauce

Directions

1. Preheat the waffle maker.
2. Add the chicken, eggs, almond flour, and tomato sauce to a bowl and season with salt and pepper and dried garlic.
3. Mix everything with a fork and stir in the parmesan cheese, dried oregano, and cream cheese.
4. Mix again until fully combined.
5. Brush the heated waffle maker with butter and add a few tablespoons of the grated mozzarella cheese to create a crust for the chicken parmesan chaffle.
6. Top with some of the batter. Add more mozzarella cheese on top.
7. Close the lid and cook for about 5–7 minutes depending on your waffle maker.
8. While the chaffle is cooking, warm the tomato sauce in the microwave or on the stovetop over medium heat.
9. Repeat with the rest of the batter.
10. Serve with tomato sauce on top.

Nutrition (per serving)

Calories 361, fat 24.3 g, carbs 5.0 g, sugar 1.8 g, protein 32.1 g, sodium 592 mg

This recipe is from Sarah Spencer's cookbook Keto Chaffles: Quick and Easy Ketogenic Diet Low-Carb Waffle Recipes. [Click here to learn more](#)