



World's Cutest Chicken & Waffles



1/4 of recipe (3 waffle stacks): 220 calories, 9g total fat (1.5g sat. fat), 455mg sodium, 24.5g carbs, 2g fiber, 3g sugars, 11g protein

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Prep: 5 minutes **Cook:** 10 minutes



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Ingredients

12 frozen chicken or meatless chicken nuggets (with under 200 calories per 4-nugget serving)
12 frozen mini waffles (like the kinds by [Eggo](#) and [Kodiak](#))
1/4 cup natural sugar-free pancake syrup (like the kinds by ChocZero and Lakanto)

Directions

Cook chicken nuggets until crispy and heated through, in an oven, [air fryer](#), or microwave. (See package for cook times and temperatures.)

Toast waffles. Separate into individual pieces.

Place a nugget over each waffle. Secure with toothpicks. Serve topped with syrup, 1 tsp. each.

MAKES 4 SERVINGS

HG Alternative: Can't find mini waffles? Use 3 standard low-fat waffles, cutting each one into quarters after toasting.

This recipe couldn't be easier. [Watch and see!](#)

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