

# Chicken Ham & Swiss Waffles (low carb)

Yield: 4 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-cremy-swiss-chicken-low-card>

## Ingredients:

- 1/4 cup chicken cooked and cut into small pieces
- 1 egg
- 1 ounce ham cut into small pieces
- 1/4 cup mozzarella cheese shredded
- 1/4 cup swiss cheese shredded

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 80 milligrams
4. Fat: 6 grams
5. Protein: 9 grams
6. SaturatedFat: 3 grams
7. Sodium: 180 milligrams

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