



Apple Cider Brined Chicken

 Dairy Free

READY IN



215 min.

SERVINGS



8

CALORIES



862 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups apple cider vinegar
- 1 cup apple juice
- 4 cups flour all-purpose
- 3 tablespoons kosher salt divided
- 3 tablespoons pepper divided
- 4 cups vegetable oil
- 2 medium size meat from a rotisserie chicken whole cut into 8 pieces

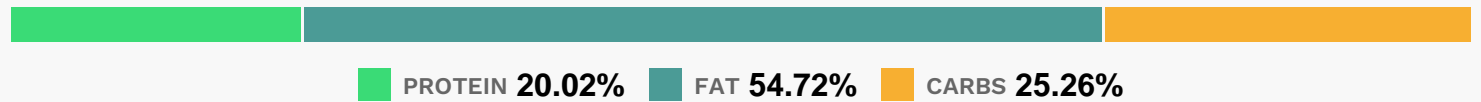
Equipment

- frying pan
- paper towels

Directions

- Mix 2 tablespoons salt, 2 tablespoons pepper, 4 cups water, vinegar, and apple juice in a 2 gallon container.
- Add the chicken and allow to marinate for 30 minutes up to 3 hours in the refrigerator.
- Add the remaining 1 tablespoon salt and 1 tablespoon pepper to the flour, mix well, and hold until ready to fry.
- In a cast iron skillet, add the oil and bring to 350 degrees F over high heat.
- Remove the chicken from the brine, pat dry with a paper towel, and dredge the chicken in the seasoned flour, coating well and tapping off any excess. Once all the chicken is floured, add to the oil, in batches, and cook until golden brown on both sides, 8 to 9 minutes per side. The internal temperature must be 165 degrees to be cooked thoroughly.

Nutrition Facts



Properties

Glycemic Index:23.47, Glycemic Load:36.41, Inflammation Score:-7, Nutrition Score:25.299130273902%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 862.11kcal (43.11%), Fat: 51.21g (78.78%), Saturated Fat: 11.67g (72.92%), Carbohydrates: 53.19g (17.73%), Net Carbohydrates: 50.87g (18.5%), Sugar: 3.4g (3.78%), Cholesterol: 142.83mg (47.61%), Sodium: 2755.4mg (119.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.14g (84.29%), Vitamin B3: 16.69mg (83.45%), Selenium: 48.82µg (69.74%), Manganese: 0.93mg (46.39%), Vitamin K: 46.82µg (44.59%), Vitamin B1: 0.61mg (40.92%), Phosphorus: 357.95mg (35.8%), Vitamin B6: 0.71mg (35.31%), Vitamin B2: 0.55mg (32.15%), Folate: 126.18µg (31.55%), Iron: 5.02mg (27.87%), Vitamin B5: 2.05mg (20.53%), Zinc: 3mg (19.97%), Vitamin E: 2.42mg (16.12%), Potassium: 532.18mg (15.21%), Magnesium: 60.29mg (15.07%), Copper: 0.22mg (11.09%), Vitamin B12: 0.59µg (9.84%), Fiber: 2.32g (9.27%), Vitamin A: 279.23IU (5.58%), Calcium: 48.57mg (4.86%), Vitamin C: 3.33mg

(4.03%), Vitamin D: 0.38 μ g (2.54%)