



## Awesome Fried Chicken

READY IN



40 min.

SERVINGS



8

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 quart buttermilk
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground pepper black
- ☐ 8 servings oil for frying
- ☐ 1 teaspoon poultry seasoning
- ☐ 0.7 ounce salad dressing mix dry italian-style
- ☐ 0.5 teaspoon salt
- ☐ 4 pound meat from a rotisserie chicken whole cut into 8 pieces

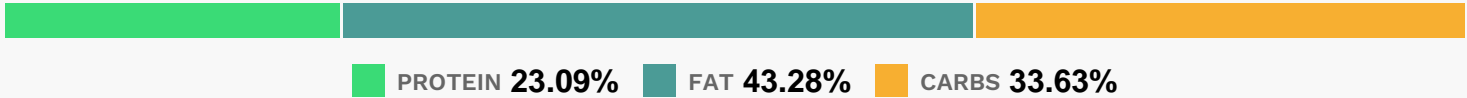
## Equipment

- ☐ paper towels
- ☐ ziploc bags

## Directions

- ☐ In a large resealable plastic bag, combine chicken, buttermilk and salt. Refrigerate for 8 hours or overnight.
- ☐ Heat oil in deep-fryer to 375 degrees F (190 degrees C).
- ☐ In a large resealable plastic bag, combine flour, Italian dressing mix, poultry seasoning, salt and pepper.
- ☐ Remove chicken from buttermilk, and coat well with flour mixture.
- ☐ Let set on a plate for about 10 minutes.
- ☐ Fry in hot oil until meat is no longer pink, and breading is golden brown, about 20 minutes.
- ☐ Drain on paper towels.

## Nutrition Facts



## Properties

Glycemic Index:17.25, Glycemic Load:27.7, Inflammation Score:-6, Nutrition Score:18.217825920685%

## Nutrients (% of daily need)

Calories: 510.12kcal (25.51%), Fat: 24.12g (37.11%), Saturated Fat: 7.3g (45.64%), Carbohydrates: 42.17g (14.06%), Net Carbohydrates: 40.81g (14.84%), Sugar: 6.18g (6.86%), Cholesterol: 94.66mg (31.55%), Sodium: 371.44mg (16.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.95g (57.9%), Vitamin B3: 10.29mg (51.46%), Selenium: 36.02µg (51.46%), Vitamin B2: 0.57mg (33.33%), Vitamin B1: 0.49mg (32.69%), Phosphorus: 312.4mg (31.24%), Folate: 98.62µg (24.65%), Vitamin B6: 0.45mg (22.49%), Manganese: 0.4mg (19.76%), Iron: 3.31mg (18.39%), Vitamin B5: 1.65mg (16.49%), Calcium: 159.05mg (15.91%), Zinc: 2.22mg (14.78%), Vitamin B12: 0.88µg (14.69%), Potassium: 422.75mg (12.08%), Vitamin D: 1.76µg (11.7%), Magnesium: 45.03mg (11.26%), Copper: 0.16mg (7.77%), Vitamin K: 7.94µg (7.56%), Vitamin A: 356.43IU (7.13%), Vitamin E: 0.99mg (6.58%), Fiber: 1.36g (5.43%), Vitamin C: 1.78mg (2.16%)