



## Bobby's Chicken-Fried Chicken

READY IN



45 min.

SERVINGS



8

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup percent milk reduced-fat
- 0.3 teaspoon pepper black freshly ground
- 14 ounce chicken broth reduced-sodium canned
- 1.5 teaspoons cornstarch
- 1.5 cups flour all-purpose
- 0.3 cup garlic powder
- 2 green onions chopped
- 0.3 cup ground pepper black
- 1 cup kosher salt

- 1.5 cups buttermilk low-fat
- 3 tablespoons olive oil
- 32 ounce chicken breasts boneless skinless
- 0.3 cup vidalia onion sliced

## Equipment

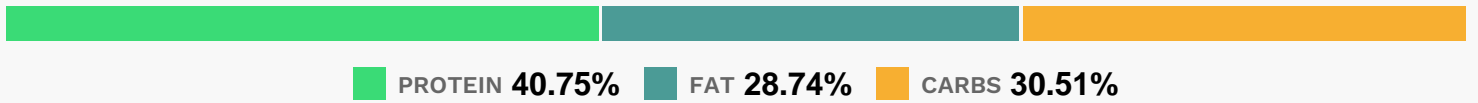
- bowl
- frying pan
- baking sheet
- oven
- whisk
- wooden spoon

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Spray a baking sheet with nonstick cooking spray.
- Mix together the flour and 1 teaspoon of the House Seasoning in a small bowl.
- Sprinkle the chicken with the remaining 1 teaspoon House Seasoning.
- Pour the buttermilk into a shallow dish. Dredge the chicken in the buttermilk, followed by the flour.
- Heat 2 tablespoons of the oil in a heavy nonstick skillet over medium-high heat.
- Add half of the chicken breasts to the hot oil and cook until both sides are browned, about 3 minutes per side, and then transfer to the baking sheet. Repeat with the remaining chicken breasts.
- Transfer the baking sheet to the oven and bake until the chicken is cooked through, about 10 minutes.
- Whisk together the cornstarch and 1/4 cup chicken broth until dissolved. Set aside.
- To make the gravy , add the remaining 1 tablespoon oil to the same skillet and heat over medium heat.
- Add the onions and saute until translucent, about 2 minutes.

- Add the remaining chicken broth, scrape the pan drippings with a wooden spoon, raise the heat to medium-high and cook until the mixture begins to bubble, about 2 minutes. Stir in the dissolved cornstarch to incorporate. Bring to a simmer and continue to cook until the mixture thickens, 4 to 5 minutes. Stir in the milk and black pepper and continue cooking over medium-high heat until thickened, 5 minutes longer.
- Remove the chicken from the oven and top each piece with 4 teaspoons of the gravy.
- Sprinkle with the chopped green onions.
- Mix together the salt, garlic powder and pepper.

## Nutrition Facts



### Properties

Glycemic Index:22, Glycemic Load:14.14, Inflammation Score:-6, Nutrition Score:24.780869706817%

### Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

### Nutrients (% of daily need)

Calories: 425.33kcal (21.27%), Fat: 13.52g (20.79%), Saturated Fat: 3.13g (19.54%), Carbohydrates: 32.28g (10.76%), Net Carbohydrates: 28.97g (10.53%), Sugar: 3.51g (3.9%), Cholesterol: 100.36mg (33.45%), Sodium: 14598.29mg (634.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.12g (86.24%), Selenium: 56.85µg (81.22%), Vitamin B3: 14.61mg (73.04%), Manganese: 1.25mg (62.42%), Vitamin B6: 1.13mg (56.36%), Phosphorus: 437.87mg (43.79%), Vitamin B2: 0.4mg (23.68%), Potassium: 813.66mg (23.25%), Vitamin K: 23.13µg (22.03%), Vitamin B1: 0.32mg (21.44%), Vitamin B5: 2.06mg (20.61%), Iron: 3.53mg (19.6%), Zinc: 2.69mg (17.91%), Magnesium: 70.51mg (17.63%), Vitamin B12: 0.9µg (15%), Folate: 59.22µg (14.8%), Calcium: 136.88mg (13.69%), Fiber: 3.31g (13.24%), Copper: 0.25mg (12.5%), Vitamin E: 1.32mg (8.77%), Vitamin A: 228.77IU (4.58%), Vitamin C: 2.73mg (3.31%), Vitamin D: 0.16µg (1.09%)