



Bon Ton-Style Fried Chicken

 Dairy Free

READY IN



1500 min.

SERVINGS



4

CALORIES



1637 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cayenne
- ☐ 4 chicken breast halves with skin and bones; 4 to 4 1/2 pounds total)
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon salt
- ☐ 1 tablespoon soya sauce
- ☐ 12 cups vegetable oil
- ☐ 1 qt water

- ☐ 1 teaspoon pepper white
- ☐ 2 teaspoons worcestershire sauce

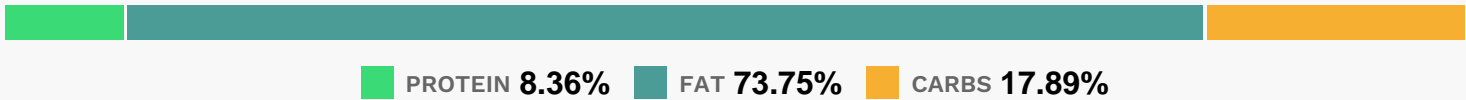
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ Whisk together all marinade ingredients in a large bowl.
- ☐ Add chicken, making sure it is covered with marinade. Chill, covered, stirring twice, about 24 hours.
- ☐ Heat 2 inches oil in a wide 8- to 9 1/2-quart pot over moderately high heat until a deep-fat thermometer registers 365 to 375°F. (Our pot was 12 inches wide and 5 inches deep; if you don't have that wide a pot, you can fry the chicken in two batches.)
- ☐ Meanwhile, whisk together all dredging ingredients in a large bowl.
- ☐ Drain chicken, discarding marinade. Dredge each piece of chicken in seasoned flour and put on a large baking sheet.
- ☐ Let stand about 10 minutes.
- ☐ Fry chicken, turning a few times, 20 to 25 minutes, or until golden brown, then drain on a rack.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:51.86, Inflammation Score:-9, Nutrition Score:32.116086897643%

Nutrients (% of daily need)

Calories: 1636.9kcal (81.85%), Fat: 134.75g (207.31%), Saturated Fat: 20.76g (129.73%), Carbohydrates: 73.54g (24.51%), Net Carbohydrates: 70.64g (25.69%), Sugar: 0.7g (0.78%), Cholesterol: 72.32mg (24.11%), Sodium: 2179.89mg (94.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.38g (68.77%), Vitamin K: 241.48µg (229.98%), Selenium: 68.24µg (97.48%), Vitamin B3: 17.57mg (87.85%), Vitamin E: 11.13mg (74.18%), Vitamin B1: 0.82mg (54.53%), Vitamin B6: 0.92mg (46.09%), Folate: 178.07µg (44.52%), Manganese: 0.72mg (36.11%), Phosphorus: 351.65mg (35.17%), Vitamin B2: 0.59mg (34.89%), Iron: 5.23mg (29.05%), Vitamin B5: 2.04mg (20.43%), Potassium: 571.7mg (16.33%), Magnesium: 56.39mg (14.1%), Fiber: 2.9g (11.61%), Copper: 0.23mg (11.36%), Zinc: 1.41mg (9.37%), Vitamin A: 244.32IU (4.89%), Vitamin B12: 0.23µg (3.77%), Calcium: 34.66mg (3.47%), Vitamin C: 2.24mg (2.72%)