



Buttermilk Fried Chicken

READY IN



45 min.

SERVINGS



6

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter-flavored shortening
- ☐ 1 cup buttermilk
- ☐ 3 pounds meat from a rotisserie chicken
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 cup oil
- ☐ 0.3 teaspoon pepper

☐ 1 teaspoon salt

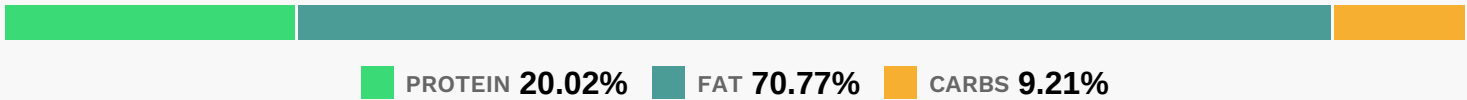
Equipment

☐ frying pan

Directions

- ☐ Combine flour, herbs and seasonings in a shallow dish; pour buttermilk into a separate shallow dish.
- ☐ Dip chicken in buttermilk; turn in flour mixture to coat and set aside.
- ☐ Heat oil and shortening in a large skillet; add chicken, skin-side down.
- ☐ Cook over medium-high heat, turning occasionally, until golden and juices run clear, about 35 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:6.44, Inflammation Score:-8, Nutrition Score:12.148260676343%

Flavonoids

Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 457.24kcal (22.86%), Fat: 35.73g (54.96%), Saturated Fat: 8.3g (51.87%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 9.95g (3.62%), Sugar: 1.99g (2.21%), Cholesterol: 86.05mg (28.68%), Sodium: 506.98mg (22.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.74g (45.49%), Vitamin B3: 8.09mg (40.44%), Selenium: 20.75µg (29.65%), Vitamin K: 24.05µg (22.91%), Phosphorus: 208.07mg (20.81%), Vitamin B6: 0.41mg (20.46%), Vitamin E: 2.53mg (16.84%), Vitamin B2: 0.26mg (15.15%), Vitamin B5: 1.26mg (12.57%), Vitamin B1: 0.17mg (11.33%), Zinc: 1.69mg (11.26%), Iron: 1.75mg (9.73%), Vitamin B12: 0.52µg (8.69%), Potassium: 285.86mg (8.17%), Magnesium: 30.61mg (7.65%), Folate: 29.26µg (7.32%), Calcium: 66.07mg (6.61%), Vitamin A: 330.45IU (6.61%), Manganese: 0.13mg (6.43%), Vitamin C: 4.5mg (5.45%), Vitamin D: 0.74µg (4.92%), Copper: 0.09mg (4.37%), Fiber: 0.51g (2.04%)