



Buttermilk Fried Chicken

 Popular

READY IN



520 min.

SERVINGS



4

CALORIES



1011 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds chicken parts bone-in (thighs, drumsticks, wings, breasts)
- ☐ 2 cups buttermilk plain with a little milk)
- ☐ 1 large onion sliced
- ☐ 0.3 cup a teaspoon each of the herbs mixed dried fresh chopped (parsley, thyme, tarragon)
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 2 cups flour
- ☐ 0.5 teaspoon garlic salt

- ☐ 0.5 teaspoon onion salt
- ☐ 1 teaspoon cayenne pepper
- ☐ 4 servings salt and pepper
- ☐ 2 cups vegetable oil; peanut oil preferred

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ tongs
- ☐ colander

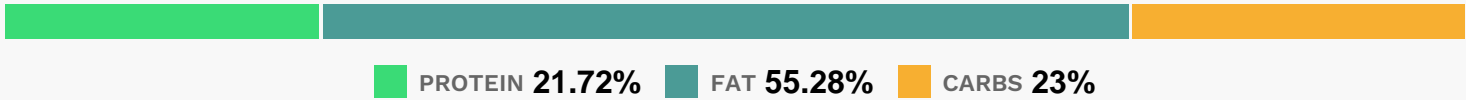
Directions

- ☐ Marinate chicken in buttermilk mixture:
- ☐ Mix the buttermilk, sliced onion, herbs, paprika, and cayenne in a large bowl.
- ☐ Put the chicken pieces in the buttermilk mixture and coat completely. Marinate overnight (at least 8 hours).
- ☐ Drain chicken, prepare bag with flour and seasonings:
- ☐ Place chicken pieces in a colander and let drain of excess buttermilk mixture. In a large paper or plastic (sturdy) bag, mix flour with garlic salt, onion salt, cayenne, salt and pepper.
- ☐ Heat oil in thick-bottomed pan:
- ☐ Heat 2 cups of oil in a large, heavy-bottomed skillet (cast iron, stainless steel, or anodized aluminum—something that can take the heat) on medium high heat until a pinch of flour starts to sizzle when dropped in the hot oil (but not so hot that the pan is smoking), about 350°F. Remember when working with hot oil, always have a pan lid close by.
- ☐ Place chicken pieces in bag with flour mixture and shake until thoroughly coated.
- ☐ Fry the chicken: Working in batches, add the chicken pieces to the hot oil in the pan and fry on one side for 12–15 minutes, until golden brown, and then use tongs to turn the pieces over and fry for another 10–12 minutes, again until golden brown.
- ☐ Be careful to keep the oil hot enough to fry the chicken, but not so high as it burns the chicken.

- ☐
- Remove to rack to drain of excess oil: Use tongs to remove chicken from pan.

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Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:36.45, Inflammation Score:-8, Nutrition Score:31.822173802749%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 1010.74kcal (50.54%), Fat: 61.44g (94.52%), Saturated Fat: 16.98g (106.1%), Carbohydrates: 57.5g (19.17%), Net Carbohydrates: 54.86g (19.95%), Sugar: 7.58g (8.42%), Cholesterol: 189.42mg (63.14%), Sodium: 996.65mg (43.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.32g (108.64%), Vitamin B3: 19.66mg (98.31%), Selenium: 57.47µg (82.1%), Vitamin E: 8.16mg (54.42%), Phosphorus: 538.63mg (53.86%), Vitamin B6: 0.95mg (47.37%), Vitamin B2: 0.78mg (45.97%), Vitamin B1: 0.69mg (45.73%), Folate: 145.89µg (36.47%), Iron: 5.3mg (29.46%), Vitamin B5: 2.91mg (29.11%), Zinc: 4.3mg (28.65%), Manganese: 0.56mg (28.08%), Potassium: 774.11mg (22.12%), Magnesium: 81.03mg (20.26%), Calcium: 196.49mg (19.65%), Vitamin B12: 1.17µg (19.51%), Vitamin A: 960.22IU (19.2%), Vitamin K: 16.47µg (15.68%), Copper: 0.24mg (11.88%), Fiber: 2.64g (10.56%), Vitamin C: 7.93mg (9.62%), Vitamin D: 0.59µg (3.9%)