



Buttermilk Fried Chicken

READY IN



60 min.

SERVINGS



8

CALORIES



831 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups buttermilk low-fat
- 1 serving coarse salt
- 3 teaspoons ground pepper
- 5 pounds roasting chickens whole cut into 10 serving pieces (wings, thighs, drumsticks, and 4 breast pieces)
- 3 cups flour all-purpose
- 4 cups vegetable oil

Equipment

- bowl

- frying pan
- whisk
- kitchen thermometer
- ziploc bags
- tongs

Directions

- In each of two 1-gallon resealable plastic bags, combine 1 cup buttermilk, 1/2 tablespoon salt, 1/2 teaspoon cayenne, and half the chicken pieces. Shake to coat, refrigerate up to 2 days.
- In a large shallow bowl, whisk flour with 2 tablespoons salt and remaining 2 teaspoons cayenne. Dredge chicken pieces one at a time in mixture, shaking off excess.
- In a 12-inch cast-iron skillet (or other heavy-bottom skillet), heat oil to 350 degrees on a deep-fry thermometer (or until a pinch of flour sizzles when dropped in the oil).
- Carefully add 1/2 of the chicken. Cook 10 minutes: turn chicken with tongs. Cook until golden brown, the juices run clear, and internal temperature is 165 degrees about 10 minutes more.
- Transfer to a rack to drain. Season with salt, if desired.
- Return oil temperature to 350 degrees. Repeat with remaining chicken.

Nutrition Facts

PROTEIN 20.59% **FAT 60.29%** **CARBS 19.12%**

Properties

Glycemic Index:13.38, Glycemic Load:25.95, Inflammation Score:-9, Nutrition Score:26.937826052956%

Nutrients (% of daily need)

Calories: 830.53kcal (41.53%), Fat: 55.03g (84.65%), Saturated Fat: 12.94g (80.9%), Carbohydrates: 39.26g (13.09%), Net Carbohydrates: 37.79g (13.74%), Sugar: 3.08g (3.42%), Cholesterol: 180.38mg (60.13%), Sodium: 256.98mg (11.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.29g (84.57%), Vitamin B3: 16.17mg (80.84%), Selenium: 41.16µg (58.8%), Phosphorus: 447.69mg (44.77%), Vitamin A: 2084.88IU (41.7%), Vitamin B2: 0.68mg (40.28%), Vitamin K: 40.89µg (38.95%), Vitamin B12: 2.18µg (36.35%), Vitamin B6: 0.72mg (36.08%), Folate: 143.38µg (35.85%), Vitamin B1: 0.51mg (34.2%), Iron: 5.1mg (28.35%), Vitamin B5: 2.48mg (24.79%), Zinc: 3.25mg (21.65%), Manganese: 0.39mg (19.59%), Potassium: 561.49mg (16.04%), Magnesium: 57.37mg (14.34%), Vitamin E: 2.07mg (13.77%), Copper: 0.2mg (10.05%), Calcium: 98.45mg (9.85%), Vitamin C: 6.14mg (7.44%), Fiber:

1.47g (5.88%)