



Buttermilk Fried Chicken with Spinach Tomato Salad

READY IN



45 min.

SERVINGS



6

CALORIES



748 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups flour
- ☐ 12 cups baby spinach
- ☐ 4 teaspoons balsamic vinegar
- ☐ 1.5 cups buttermilk
- ☐ 3 cups canola oil ()
- ☐ 1.5 pounds cherry tomatoes halved
- ☐ 6 chicken breast halves with skin and ribs
- ☐ 2 teaspoons chili powder

- ☐ 3 tablespoons curry powder
- ☐ 1.5 teaspoons pepper black
- ☐ 3.8 teaspoons kosher salt divided
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons shallots minced
- ☐ 3 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs whole cut into leg and thigh pieces

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels

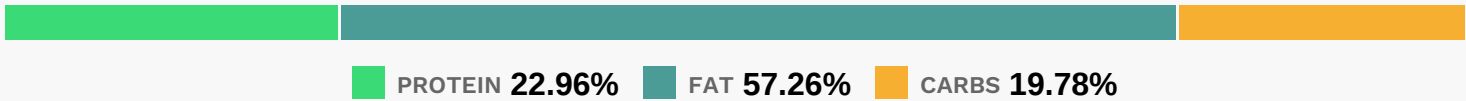
Directions

- ☐ Mix buttermilk, curry powder, 3 teaspoons salt, and pepper in large bowl.
- ☐ Add chicken; turn to coat. Cover; chill at least 4 hours or overnight.
- ☐ Remove chicken from refrigerator. Line 2 baking sheets with paper towels.
- ☐ Mix flour, chili powder, and 3/4 teaspoon salt in shallow dish.
- ☐ Mix tomatoes and next 3 ingredients in another large bowl.
- ☐ Add enough canola oil to 12-inch skillet to reach depth of 1/2 inch.
- ☐ Heat over medium-high heat to 375°F.
- ☐ Remove 6 chicken pieces from buttermilk mixture. Dip in flour mixture and turn to coat; shake off excess.
- ☐ Add chicken, skin side down, to skillet. Reduce heat to medium-low. Cover; cook until brown, about 12 minutes. Turn chicken over. Cook uncovered until cooked through, about 5 minutes for breasts and 10 minutes for legs and thighs; transfer to paper towels. Repeat with remaining chicken. (Salad and chicken can be made 2 hours ahead.
- ☐ Let stand at room temperature.)

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Add spinach to tomato salad; season with salt and pepper. Divide salad among plates; top with chicken.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:18.95, Inflammation Score:-10, Nutrition Score:43.642174347587%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 3.84mg, Kaempferol: 3.84mg, Kaempferol: 3.84mg, Kaempferol: 3.84mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 747.61kcal (37.38%), Fat: 47.78g (73.51%), Saturated Fat: 7.68g (47.99%), Carbohydrates: 37.13g (12.38%), Net Carbohydrates: 32.71g (11.9%), Sugar: 6.98g (7.76%), Cholesterol: 138.82mg (46.27%), Sodium: 1776.05mg (77.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.1g (86.2%), Vitamin K: 320.89µg (305.61%), Vitamin A: 6602.99IU (132.06%), Vitamin B3: 17.96mg (89.82%), Selenium: 62.45µg (89.22%), Vitamin B6: 1.35mg (67.73%), Manganese: 1.12mg (56.08%), Vitamin E: 8.41mg (56.04%), Vitamin C: 44.81mg (54.32%), Folate: 204.45µg (51.11%), Phosphorus: 498.93mg (49.89%), Potassium: 1326.49mg (37.9%), Vitamin B2: 0.62mg (36.24%), Vitamin B1: 0.49mg (32.82%), Iron: 5.91mg (32.81%), Magnesium: 122.7mg (30.68%), Vitamin B5: 2.82mg (28.23%), Zinc: 2.7mg (18.01%), Calcium: 178.89mg (17.89%), Fiber: 4.42g (17.67%), Copper: 0.33mg (16.55%), Vitamin B12: 0.86µg (14.38%), Vitamin D: 0.96µg (6.38%)