



 **18%**
HEALTH SCORE

Buttermilk Skillet Fried Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



657 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups buttermilk
- 3 pounds chicken pieces
- 1 tablespoon cornstarch
- 1 eggs
- 1 tablespoon paprika
- 1 tablespoon pepper
- 0.3 c flour plain
- 0.5 teaspoon salt
- 4 servings vegetable oil for frying

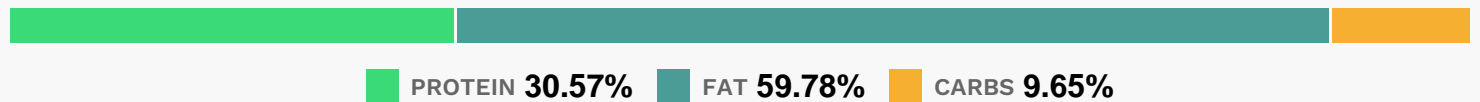
Equipment

- bowl
- frying pan
- whisk
- glass baking pan

Directions

- Clean all the chicken pieces well, remove skin if desired. Using 1 tablespoon salt and tablespoon pepper, season the chicken well all over. In a medium bowl whisk the buttermilk, egg and cup of water. In a large glass baking pan mix together: flour, 1 tablespoon salt, tablespoon pepper, paprika and cornstarch.
- Mix well. Dip chicken in buttermilk then on flour mixture, shaking off any excess flour. In a large heavy bottom skillet heat the oil to a depth of . When oil is hot but not burning add the chicken to the skillet making sure that it is not crowding the pan. Fry chicken turning with tongs so it brown evenly. About 10 to 13 minutes. When the chicken is done place on a paper plate and serve immediately.

Nutrition Facts



Properties

Glycemic Index: 38.25, Glycemic Load: 6.36, Inflammation Score: -8, Nutrition Score: 24.06652173913%

Taste

Sweetness: 15.13%, Saltiness: 100%, Sourness: 13.3%, Bitterness: 16.17%, Savoriness: 69.47%, Fattiness: 69.18%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 657kcal (32.85%), Fat: 43.01g (66.17%), Saturated Fat: 13.09g (81.83%), Carbohydrates: 15.63g (5.21%), Net Carbohydrates: 14.41g (5.24%), Sugar: 6.11g (6.79%), Cholesterol: 227.62mg (75.87%), Sodium: 596.06mg (25.92%), Protein: 49.48g (98.96%), Vitamin B3: 16.5mg (82.52%), Selenium: 44.02µg (62.88%), Phosphorus: 480.4mg (48.04%), Vitamin B6: 0.92mg (45.84%), Vitamin B2: 0.6mg (35.12%), Vitamin A: 1451.41IU (29.03%), Vitamin B5: 2.83mg (28.29%), Zinc: 3.78mg (25.19%), Vitamin B12: 1.37µg (22.78%), Potassium: 682.71mg (19.51%), Calcium:

181.65mg (18.17%), Vitamin B1: 0.27mg (17.89%), Iron: 3.2mg (17.78%), Magnesium: 67.05mg (16.76%), Manganese: 0.33mg (16.3%), Vitamin D: 2.24µg (14.95%), Vitamin K: 12.9µg (12.28%), Vitamin E: 1.65mg (11.01%), Folate: 40.46µg (10.11%), Copper: 0.19mg (9.69%), Fiber: 1.22g (4.88%), Vitamin C: 3.72mg (4.51%)