



Cayenne Fried Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



3611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 liters canola oil or as needed
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 cups buttermilk as need to moisten chicken
- ☐ 24 chicken wings and/or thighs bone-in dry with paper towels rinsed
- ☐ 1 cup cornmeal
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon garlic powder

☐ 1 teaspoon salt

Equipment

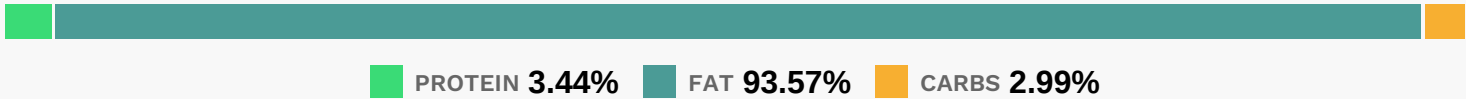
☐ oven

☐ baking pan

Directions

- ☐ Heat oil in deep-fryer to 375 degrees F or as instructed in the manufacturer's instructions for similar foods. Preheat oven to 350 degrees F.
- ☐ Combine cornmeal, flour, garlic powder, cayenne, salt and pepper, and mix well to make chicken coating.
- ☐ Add coating to a plastic food storage bag in batches. Moisten chicken with buttermilk, shake in bag of coating, and allow excess to fall away.
- ☐ Deep-fry chicken until crispy and transfer to a baking pan.
- ☐ Bake in 350 degree F oven until cooked through.

Nutrition Facts



Properties

Glycemic Index:26.56, Glycemic Load:17.33, Inflammation Score:-7, Nutrition Score:22.556956462238%

Nutrients (% of daily need)

Calories: 3610.73kcal (180.54%), Fat: 380.47g (585.34%), Saturated Fat: 33.13g (207.04%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 24.86g (9.04%), Sugar: 0.4g (0.45%), Cholesterol: 116.1mg (38.7%), Sodium: 402.48mg (17.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.46g (62.93%), Vitamin E: 62.75mg (418.34%), Vitamin K: 253.64µg (241.57%), Vitamin B3: 10.45mg (52.25%), Selenium: 30.08µg (42.97%), Vitamin B6: 0.68mg (33.77%), Phosphorus: 266.85mg (26.68%), Zinc: 2.77mg (18.46%), Vitamin B1: 0.26mg (17.39%), Iron: 2.83mg (15.75%), Manganese: 0.28mg (14.24%), Vitamin B2: 0.23mg (13.79%), Vitamin B5: 1.36mg (13.61%), Magnesium: 53.28mg (13.32%), Folate: 42.27µg (10.57%), Fiber: 2.46g (9.86%), Potassium: 336.31mg (9.61%), Vitamin B12: 0.48µg (8.04%), Copper: 0.14mg (7.01%), Vitamin A: 325.8IU (6.52%), Calcium: 23.2mg (2.32%), Vitamin C: 1.32mg (1.6%), Vitamin D: 0.16µg (1.05%)