



Chile-Lime Fried Chicken

READY IN



790 min.

SERVINGS



4

CALORIES



1040 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ancho chiles dry seeds removed
- ☐ 4 pound meat from a rotisserie chicken cut into 10 pieces
- ☐ 4 pasilla chiles dry seeds removed
- ☐ 0.5 cup cornstarch
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 4 servings honey for dipping
- ☐ 0.3 cup kosher salt

- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup juice of lime
- ☐ 4 servings lime wedges for garnish
- ☐ 2 lime zest
- ☐ 0.3 cup milk
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 4 servings vegetable oil for frying
- ☐ 4 cups warm water

Equipment

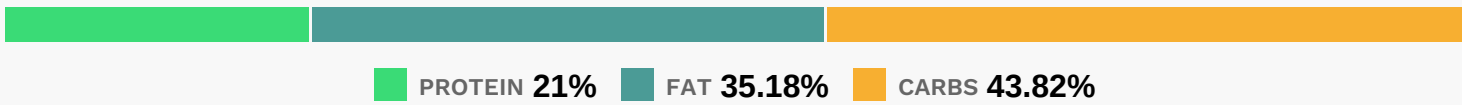
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ Brine: In a large bowl add the water, salt, sugar and lime juice, stirring to dissolve.
- ☐ Add the chicken and refrigerate, covered, for 12 hours or overnight.
- ☐ Rub: Tear the chiles roughly into 1-inch pieces and toast in a pan over medium heat until fragrant, about 5 minutes.
- ☐ Let cool slightly, then transfer them to a food processor along with the salt, garlic powder and lime zest. Pulse into a coarse powder.
- ☐ Remove the rub to a large bowl.
- ☐ Remove the chicken from the brine and pat dry.

- ☐ Add chicken to the rub and coat all of the pieces well.
- ☐ Let rest on the countertop until chicken comes to room temperature or up to 2 hours.
- ☐ In a deep-fryer or heavy-bottomed pot, heat enough oil to come halfway up the sides of the pot, to 350 degrees F.
- ☐ Put the flour, cornstarch and a pinch of salt and pepper in a paper bag. In a large bowl whisk the eggs, milk and a pinch of salt and pepper, to taste. Dredge the chicken, 1 piece at a time, to the paper bag and toss.
- ☐ Remove with tongs, dip in the egg wash then return them to the paper bag for a second toss. Shake off the excess flour and add the chicken pieces to the oil in batches, making sure to keep frying temperature at around 350 degrees F. Fry the chicken until golden brown and cooked through, about 10 to 12 minutes depending on piece of chicken.
- ☐ Remove the chicken to a paper towel lined plate to drain. Arrange the chicken on a serving platter and season with salt, to taste, and a spritz of lime juice.
- ☐ Serve with honey for dipping.

Nutrition Facts



Properties

Glycemic Index:95.34, Glycemic Load:48.88, Inflammation Score:-10, Nutrition Score:46.464782922164%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 16.19mg, Hesperetin: 16.19mg, Hesperetin: 16.19mg, Hesperetin: 16.19mg Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 1039.6kcal (51.98%), Fat: 41.15g (63.31%), Saturated Fat: 11.2g (69.98%), Carbohydrates: 115.31g (38.44%), Net Carbohydrates: 101.62g (36.95%), Sugar: 36.82g (40.91%), Cholesterol: 246.96mg (82.32%), Sodium: 7896.43mg (343.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.27g (110.54%), Vitamin A: 10172.88IU (203.46%), Vitamin C: 93.76mg (113.65%), Vitamin B3: 22.23mg (111.15%), Selenium: 61.97µg (88.53%), Vitamin B6: 1.38mg (69.12%), Vitamin B2: 1.17mg (68.68%), Fiber: 13.68g (54.74%), Phosphorus: 535.47mg (53.55%), Vitamin K: 53.35µg (50.81%), Vitamin B1: 0.72mg (47.79%), Iron: 8.27mg (45.95%), Manganese: 0.91mg (45.29%), Folate: 170.76µg (42.69%), Potassium: 1400.12mg (40%), Vitamin B5: 3.18mg (31.79%), Zinc: 4.25mg (28.36%), Magnesium: 110.13mg (27.53%), Copper: 0.44mg (21.77%), Vitamin E: 2.68mg (17.89%), Vitamin B12: 0.95µg (15.88%), Calcium: 113.69mg (11.37%), Vitamin D: 1.04µg (6.95%)