



Cider-Brined Fried Chicken

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



1602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups apple cider
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cayenne pepper
- ☐ 4.5 pound meat from a rotisserie chicken cut into 10 pieces
- ☐ 0.3 cup cornstarch
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup salt

- ☐ 2 quarts vegetable shortening for frying
- ☐ 4 servings water

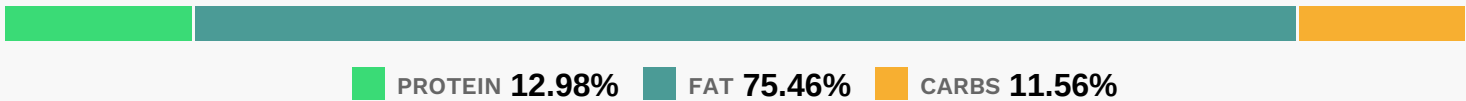
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ wire rack
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ In a large bowl, whisk together cider and salt until salt dissolves.
- ☐ Add chicken pieces and enough water to coat and soak 1 hour in the refrigerator. Chicken should be completely submerged in brine.
- ☐ In a large pot, heat vegetable shortening until a deep-fry thermometer reaches 325 degrees F. Line a sheet tray with a wire rack.
- ☐ In a large bowl, whisk together eggs, cayenne and black pepper. In a paper bag, shake together flour and cornstarch.
- ☐ Drain chicken from brine and dip in batches first in egg mixture then in flour mixture to coat. Set on wire rack to let coating sit for 10 minutes. In 2 batches, fry chicken until golden brown on both sides and cooked through, 15 to 20 minutes, depending on the size of the piece.
- ☐ Remove from oil to drain on paper towel-lined plate.

Nutrition Facts



Properties

Glycemic Index:44.94, Glycemic Load:22.89, Inflammation Score:-8, Nutrition Score:30.205217278522%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 1602.37kcal (80.12%), Fat: 134.53g (206.96%), Saturated Fat: 35.07g (219.17%), Carbohydrates: 46.38g (15.46%), Net Carbohydrates: 44.42g (16.15%), Sugar: 11.78g (13.09%), Cholesterol: 265.54mg (88.51%), Sodium: 14371.9mg (624.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.05g (104.1%), Vitamin B3: 18.83mg (94.15%), Selenium: 53.24µg (76.06%), Vitamin K: 57.01µg (54.29%), Vitamin E: 7.55mg (50.32%), Vitamin B6: 0.99mg (49.67%), Phosphorus: 454.79mg (45.48%), Vitamin B2: 0.59mg (34.87%), Vitamin B5: 3.41mg (34.11%), Vitamin B1: 0.45mg (30.23%), Vitamin A: 1505.88IU (30.12%), Iron: 4.65mg (25.83%), Zinc: 3.87mg (25.79%), Manganese: 0.51mg (25.38%), Folate: 84.96µg (21.24%), Potassium: 706.07mg (20.17%), Magnesium: 72.03mg (18.01%), Vitamin B12: 0.96µg (15.92%), Copper: 0.26mg (13.07%), Vitamin C: 6.89mg (8.35%), Fiber: 1.96g (7.83%), Calcium: 76.27mg (7.63%), Vitamin D: 0.93µg (6.2%)