

Claritha's Fried Chicken Wings

READY IN



45 min.

SERVINGS



4

CALORIES



1886 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups buttermilk
- 1 teaspoon ground pepper
- 3 pounds chicken wings (16 to 18)
- 1 cup coarse salt
- 2 cups flour all-purpose
- 2 onion
- 2 teaspoons peppercorns black
- 0.5 cup butter unsalted
- 2 cups shortening

Equipment

- bowl
- whisk
- baking pan
- wax paper
- tongs
- colander
- glass baking pan

Directions

- Cut off chicken wing tips, reserving them for another use (such as stock). Arrange wings in one layer in a 13- by 9-inch glass baking dish and sprinkle them evenly with 1/2 cup kosher salt. Turn wings over and sprinkle with 1/2 cup more salt. Chill wings 2 hours.
- In a colander rinse wings under cold running water and drain. Arrange wings in one layer in baking dish and thinly slice onions. Arrange onions over wings and pour buttermilk over onions. Chill wings, covered, at least 12 hours and up to 1 day.
- Discard onions and in colander drain wings. Have ready an 18-inch sheet of wax paper. In a large shallow bowl whisk together flour, peppercorns, cayenne, and remaining 2 tablespoons salt. Working with no more than 2 wings at a time, dredge wings evenly in flour mixture and shake off excess. Arrange wings flat sides up and a few inches apart on wax paper and let stand 15 minutes. Generously sprinkle remaining flour mixture over wings, patting it to adhere, and let stand 15 minutes more.
- Have ready a rack set over a baking pan. In each of two 10- to 11-inch heavy skillets melt 1 cup shortening and 4 tablespoons butter over high heat just until butter begins to turn golden. To each skillet add 8 or 9 wings, flat sides down, and reduce heat to moderately high. Cook wings, covered, until deep golden, 8 to 10 minutes. Turn wings and cook, uncovered, until deep golden, about 8 minutes. With tongs transfer wings to rack set over pan to drain.

Nutrition Facts

  PROTEIN 9.92%  FAT 76.72%  CARBS 13.36%

Properties

Glycemic Index:49.25, Glycemic Load:38.68, Inflammation Score:-9, Nutrition Score:34.680000305176%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 1885.59kcal (94.28%), Fat: 161.64g (248.67%), Saturated Fat: 52.02g (325.11%), Carbohydrates: 63.32g (21.11%), Net Carbohydrates: 60.01g (21.82%), Sugar: 11.37g (12.63%), Cholesterol: 222.26mg (74.09%), Sodium: 28627.7mg (1244.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.04g (94.08%), Selenium: 57.11µg (81.58%), Vitamin B3: 14.88mg (74.41%), Vitamin K: 61.47µg (58.54%), Vitamin E: 7.84mg (52.26%), Phosphorus: 490.69mg (49.07%), Vitamin B2: 0.81mg (47.83%), Vitamin B1: 0.71mg (47.64%), Manganese: 0.9mg (45.11%), Vitamin B6: 0.82mg (41.09%), Folate: 142.93µg (35.73%), Vitamin B5: 3.19mg (31.92%), Vitamin A: 1497.32IU (29.95%), Iron: 5.39mg (29.92%), Calcium: 286.91mg (28.69%), Zinc: 3.8mg (25.3%), Vitamin B12: 1.46µg (24.4%), Potassium: 728.71mg (20.82%), Vitamin D: 2.95µg (19.66%), Magnesium: 76.14mg (19.03%), Copper: 0.29mg (14.47%), Fiber: 3.32g (13.26%), Vitamin C: 5.74mg (6.96%)