



## Classic Fried Chicken

READY IN



225 min.

SERVINGS



4

CALORIES



1070 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.3 cups flour all-purpose
- 0.7 cup cornstarch
- 1 serving coarse mustard
- 1 quart buttermilk
- 3.5 pounds chicken cut into 10 pieces, or 10 skin-on legs or thighs
- 3 cups vegetable oil

### Equipment

- bowl

- frying pan
- baking sheet
- paper towels
- whisk
- wire rack
- tongs

## Directions

- In a wide, shallow dish or pie plate, whisk together flour, cornstarch, 2 teaspoons salt, and 1/4 teaspoon pepper.
- Transfer 1 1/4 cups flour mixture to an airtight container; set aside. In a large glass bowl, whisk together buttermilk, 2 tablespoons salt, and 3/4 teaspoon pepper. Dredge chicken in flour mixture, then submerge in buttermilk mixture. Cover and refrigerate 3 hours (or up to overnight).
- Place a wire rack on a rimmed baking sheet lined with paper towels. In a large cast-iron or other heavy skillet, heat oil to 350 degrees over medium (a small cube of bread should brown in less than 1 minute).
- Transfer reserved flour mixture to a wide, shallow dish. In batches, lift chicken from buttermilk, letting excess drip off, and dredge in flour mixture.
- Fry chicken until golden brown and cooked through, 16 to 20 minutes per batch, flipping once (adjust heat if browning too quickly). With tongs, transfer chicken to rack to drain, 5 minutes, then serve.

## Nutrition Facts

**PROTEIN 17.81%** **FAT 59.19%** **CARBS 23%**

## Properties

Glycemic Index:34.5, Glycemic Load:25.15, Inflammation Score:-7, Nutrition Score:29.346087092939%

## Nutrients (% of daily need)

Calories: 1069.58kcal (53.48%), Fat: 69.66g (107.17%), Saturated Fat: 17.76g (110.99%), Carbohydrates: 60.89g (20.3%), Net Carbohydrates: 59.59g (21.67%), Sugar: 11.67g (12.97%), Cholesterol: 168.91mg (56.3%), Sodium: 398.23mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.17g (94.35%), Vitamin B3: 15.48mg

(77.41%), Selenium: 50.45µg (72.07%), Vitamin K: 63.84µg (60.8%), Phosphorus: 527.46mg (52.75%), Vitamin B2: 0.83mg (48.78%), Vitamin B6: 0.77mg (38.5%), Vitamin B1: 0.53mg (35.63%), Calcium: 300.11mg (30.01%), Vitamin B5: 2.81mg (28.08%), Vitamin B12: 1.68µg (27.98%), Zinc: 3.69mg (24.59%), Folate: 94.83µg (23.71%), Vitamin D: 3.46µg (23.04%), Vitamin E: 3.44mg (22.93%), Iron: 3.72mg (20.69%), Potassium: 723.77mg (20.68%), Magnesium: 71.59mg (17.9%), Manganese: 0.33mg (16.43%), Vitamin A: 657.97IU (13.16%), Copper: 0.22mg (10.92%), Fiber: 1.3g (5.2%), Vitamin C: 3.05mg (3.7%)