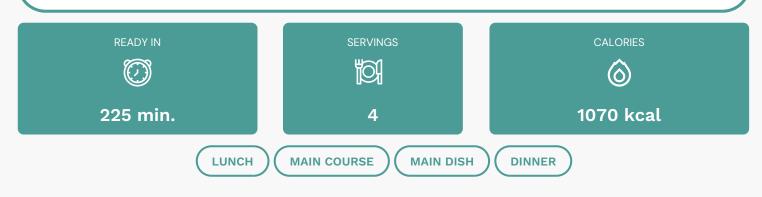


# **Classic Fried Chicken**



## 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

П	frying pan
	baking sheet
	paper towels
	whisk
	wire rack
	tongs
Di	rections
	In a wide, shallow dish or pie plate, whisk together flour, cornstarch, 2 teaspoons salt, and 1/4 teaspoon pepper.
	Transfer 11/4 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: Og (100%), Alcohol %: O% (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%)