



Classic Southern Fried Chicken

READY IN



45 min.

SERVINGS



45

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 meat from a rotisserie chicken cut into 8 pieces
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon seasoned pepper such as lawry's
- ☐ 1 tablespoon lawry's seasoned salt such as lawry's
- ☐ 24 ounces solid vegetable shortening such as crisco
- ☐ 0.5 cup milk whole

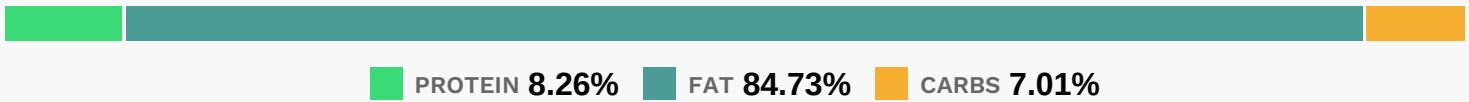
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ kitchen thermometer
- ☐ wax paper

Directions

- ☐ Pat the chicken pieces dry and line a baking sheet with wax paper. In a large bowl, whisk the eggs with the milk.
- ☐ Add the chicken. In another bowl, whisk the flour with the seasoned salt and seasoned pepper. Dredge the chicken in the seasoned flour and transfer to the baking sheet.
- ☐ In a 12-inch, cast-iron skillet, heat the vegetable shortening to 36
- ☐ Add all of the chicken and fry over moderate heat, turning occasionally, until deeply golden brown and an instant-read thermometer inserted nearest the bone registers 170, 20 to 24 minutes.
- ☐ Drain the chicken on paper towels and serve right away.

Nutrition Facts



Properties

Glycemic Index:3.22, Glycemic Load:2.35, Inflammation Score:-1, Nutrition Score:2.6647826316564%

Nutrients (% of daily need)

Calories: 190.14kcal (9.51%), Fat: 18.01g (27.71%), Saturated Fat: 4.64g (28.98%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 3.23g (1.17%), Sugar: 0.15g (0.17%), Cholesterol: 21.29mg (7.1%), Sodium: 171.76mg (7.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.91%), Vitamin K: 8.4µg (8%), Vitamin B3: 1.4mg (7.01%), Vitamin E: 1.01mg (6.7%), Selenium: 4.59µg (6.55%), Phosphorus: 36.59mg (3.66%), Vitamin B6: 0.07mg (3.34%), Vitamin B2: 0.05mg (3.23%), Vitamin B1: 0.05mg (3.22%), Vitamin B5: 0.32mg (3.2%), Folate: 9.69µg (2.42%), Iron: 0.4mg (2.23%), Zinc: 0.29mg (1.94%), Manganese: 0.04mg (1.92%), Vitamin B12: 0.09µg (1.45%), Potassium: 44.21mg (1.26%), Magnesium: 4.97mg (1.24%)