



Country Fried Chicken

READY IN



515 min.

SERVINGS



8

CALORIES



623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups all purpose flour
- ☐ 2 tablespoons double-acting baking powder
- ☐ 1 quart buttermilk
- ☐ 8 large eggs beaten
- ☐ 2 tablespoons garlic chopped
- ☐ 1.3 teaspoons ground cumin
- ☐ 1.5 teaspoons ground pepper black
- ☐ 2 teaspoons salt
- ☐ 3 shallots finely chopped

- ☐ 8 chicken breast halves boneless skinless
- ☐ 2 cups vegetable oil for frying or as needed
- ☐ 2 tablespoons sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ ziploc bags
- ☐ meat tenderizer

Directions

- ☐ Place chicken breasts between two sheets of heavy plastic and pound chicken with the smooth side of a meat mallet to a thickness of 3/4 inch.
- ☐ Whisk buttermilk, shallots, garlic, 2 tablespoons salt, sugar, cumin, and pepper in a bowl; transfer mixture to a resealable plastic bag.
- ☐ Add chicken breasts, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator overnight.
- ☐ Fill a large skillet with about 2 inches of vegetable oil and heat over medium heat.
- ☐ Remove chicken from the marinade and shake off excess. Pat chicken dry with a paper towel. Discard the remaining marinade.
- ☐ Sift flour, baking powder, and 2 teaspoons salt together in a shallow bowl. Press chicken breasts one at a time into flour mixture until lightly coated. Dip coated chicken into beaten eggs, then press into flour mixture again to coat; shake off excess flour.
- ☐ Fry chicken breasts in batches in preheated oil until chicken is golden brown and no longer pink in the center, 2 to 3 minutes per side.
- ☐ Drain on a paper towel-lined platter and repeat with remaining chicken.

Nutrition Facts



Properties

Glycemic Index:45.64, Glycemic Load:39.77, Inflammation Score:-7, Nutrition Score:30.551304350729%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 622.5kcal (31.13%), Fat: 23.22g (35.72%), Saturated Fat: 6.23g (38.91%), Carbohydrates: 60.26g (20.09%), Net Carbohydrates: 58.1g (21.13%), Sugar: 9.89g (10.99%), Cholesterol: 271.33mg (90.44%), Sodium: 1229mg (53.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41g (82%), Selenium: 77.53µg (110.76%), Vitamin B3: 15.67mg (78.36%), Phosphorus: 580.92mg (58.09%), Vitamin B6: 1.06mg (53.05%), Vitamin B2: 0.86mg (50.59%), Vitamin B1: 0.65mg (43.37%), Folate: 151.65µg (37.91%), Calcium: 367.39mg (36.74%), Vitamin B5: 3.14mg (31.44%), Manganese: 0.58mg (29.15%), Iron: 4.96mg (27.55%), Potassium: 764.36mg (21.84%), Vitamin K: 21.7µg (20.67%), Vitamin B12: 1.22µg (20.25%), Vitamin D: 2.65µg (17.67%), Magnesium: 66.04mg (16.51%), Zinc: 2.27mg (15.13%), Vitamin E: 1.77mg (11.81%), Copper: 0.21mg (10.45%), Vitamin A: 505.66IU (10.11%), Fiber: 2.16g (8.65%), Vitamin C: 2.75mg (3.34%)