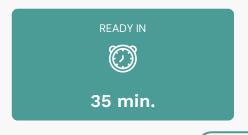
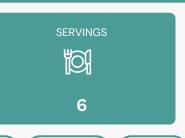


Country Fried Chicken







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

| Ш | 1 cup flour all-purpose |
|---|--------------------------------|
| | 2 teaspoons garlic salt |
| | 2 teaspoons pepper |
| | 1 teaspoon paprika |
| | 0.5 teaspoon poultry seasoning |
| | 1 large eggs |
| | 0.5 cup milk 2% |

3 pounds cooking fat

1 serving cooking oil for frying

| Equ | ipment |
|--------|---|
| b | owl |
| fr | rying pan |
| р | aper towels |
| _ w | hisk |
| ki | itchen thermometer |
| d | lutch oven |
| Dire | ections |
| | n a resealable container, whisk the flour, garlic salt, pepper, paprika and poultry seasoning. In shallow bowl, beat the egg and milk until well combined. |
| | ontainer with the dry ingredients. |
| T | lace the lid on the container, and shake the container to coat the chicken evenly. Editor's ip: Repeat this process once more if you want the cooked chicken to have an extra-crispy reading. |
| | n a large skillet or Dutch oven, heat 1/4 inch of oil to 375°F. Fry the chicken, a few pieces at a me, until the chicken is golden brown and the juices run clear, 7 to 10 minutes on each side. |
| E a | lace the finished chicken on a paper plate lined with paper towels to drain excess oil. ditor's Tip: Use a thermometer to get the most accurate reading of your oil's temperature nd chicken's internal temperature. According to our deep-frying temperature chart, chicker hould be cooked to an internal temperature of at least 165°. |
| | Nutrition Facts |
| | PROTEIN 0.74% FAT 95.96% CARBS 3.3% |
| Prop | erties |
| Glycen | nic Index:20.33, Glycemic Load:11.59, Inflammation Score:-1, Nutrition Score:10.015217442227% |

Nutrients (% of daily need)

Calories: 2146kcal (107.3%), Fat: 228.27g (351.19%), Saturated Fat: 68.18g (426.14%), Carbohydrates: 17.62g (5.87%), Net Carbohydrates: 16.75g (6.09%), Sugar: 1.13g (1.25%), Cholesterol: 225.35mg (75.12%), Sodium: 797.06mg (34.65%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 3.98g (7.97%), Vitamin D: 11.05µg (73.69%), Vitamin E: 6.42mg (42.78%), Selenium: 10.63µg (15.19%), Manganese: 0.25mg (12.55%), Vitamin B1: 0.18mg (11.79%), Folate: 43.53µg (10.88%), Vitamin B2: 0.18mg (10.76%), Iron: 1.32mg (7.32%), Vitamin B3: 1.3mg (6.5%), Phosphorus: 59.48mg (5.95%), Vitamin A: 237.27IU (4.75%), Calcium: 37.25mg (3.72%), Fiber: 0.87g (3.47%), Vitamin B5: 0.31mg (3.07%), Vitamin K: 3.16µg (3.01%), Vitamin B12: 0.18µg (2.97%), Zinc: 0.38mg (2.52%), Copper: 0.05mg (2.52%), Magnesium: 9.87mg (2.47%), Potassium: 79.08mg (2.26%), Vitamin B6: 0.04mg (2.1%)