



 2%  
HEALTH SCORE

## Country Fried Chicken

READY IN



35 min.

SERVINGS



6

CALORIES



2146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 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

## Equipment

- bowl
- frying pan
- paper towels
- whisk
- kitchen thermometer
- dutch oven

## Directions

- In a resealable container, whisk the flour, garlic salt, pepper, paprika and poultry seasoning. In a shallow bowl, beat the egg and milk until well combined.
- Dip the chicken pieces into the wet mixture in the shallow bowl, and then place them in the container with the dry ingredients.
- Place the lid on the container, and shake the container to coat the chicken evenly. Editor's Tip: Repeat this process once more if you want the cooked chicken to have an extra-crispy breading.
- In a large skillet or Dutch oven, heat 1/4 inch of oil to 375°F. Fry the chicken, a few pieces at a time, until the chicken is golden brown and the juices run clear, 7 to 10 minutes on each side.
- Place the finished chicken on a paper plate lined with paper towels to drain excess oil. Editor's Tip: Use a thermometer to get the most accurate reading of your oil's temperature and chicken's internal temperature. According to our deep-frying temperature chart, chicken should be cooked to an internal temperature of at least 165°.

## Nutrition Facts

 **PROTEIN 0.74%**  **FAT 95.96%**  **CARBS 3.3%**

## Properties

Glycemic 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 %: 0% (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%)