



 4%
HEALTH SCORE

Crispy Buttermilk Fried Chicken

READY IN



45 min.

SERVINGS



6

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

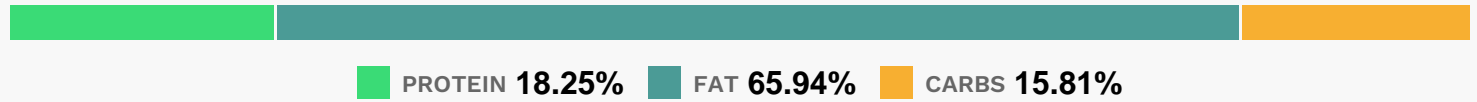
- 2 pounds chicken
- 0.8 cup flour
- 2 teaspoons salt
- 1 teaspoon paprika
- 1 teaspoon pepper
- 1 cup buttermilk
- 6 servings vegetable oil (to cover chicken), 1 quart

Equipment

Directions

- Mix flour, salt, paprika and pepper. Dip chicken in buttermilk and then into flour mixture. Cook chicken in oil, starting on medium-high heat, then, when chicken is browned, reduce heat to medium and cook an additional 30 to 35 minutes until chicken is done (approx 150-155 degrees F internal), turning occasionally.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:9.28, Inflammation Score:-4, Nutrition Score:10.163043478261%

Nutrients (% of daily need)

Calories: 363.25kcal (18.16%), Fat: 26.46g (40.71%), Saturated Fat: 6.06g (37.87%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 13.65g (4.96%), Sugar: 2.03g (2.26%), Cholesterol: 58.83mg (19.61%), Sodium: 868.57mg (37.76%), Protein: 16.48g (32.96%), Vitamin B3: 5.93mg (29.66%), Vitamin K: 27.81µg (26.49%), Selenium: 17.27µg (24.67%), Phosphorus: 159.13mg (15.91%), Vitamin B6: 0.28mg (14.17%), Vitamin B2: 0.24mg (13.99%), Vitamin B1: 0.19mg (12.43%), Vitamin E: 1.5mg (10.01%), Vitamin B5: 0.89mg (8.94%), Folate: 35.17µg (8.79%), Manganese: 0.17mg (8.59%), Iron: 1.5mg (8.35%), Zinc: 1.23mg (8.22%), Vitamin B12: 0.41µg (6.82%), Vitamin A: 333.61IU (6.67%), Potassium: 220.08mg (6.29%), Calcium: 59.05mg (5.9%), Magnesium: 23.14mg (5.78%), Vitamin D: 0.67µg (4.43%), Copper: 0.07mg (3.74%), Fiber: 0.62g (2.49%), Vitamin C: 1.16mg (1.41%)