



## Crispy Spiced Fried Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



877 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon cayenne pepper
- 4 pounds chicken wings trimmed
- 2 tablespoons ground chipotle powder
- 2 cups flour all-purpose
- 2.5 tablespoons kosher salt
- 4 servings vegetable oil; peanut oil preferred for frying
- 2 cups nonfat yogurt plain

### Equipment

- bowl
- frying pan
- paper towels
- ziploc bags

## Directions

- Rinse the chicken and pat dry.
- Cut the wings in half and discard the wing tips. In a bowl, mix the buttermilk with 1 tablespoon of the kosher salt and 2 teaspoons of the chipotle powder.
- Add the chicken, turn to coat and let stand at room temperature for 20 minutes.
- In a resealable plastic bag, mix the flour with the remaining 2 tablespoons of chipotle powder, the cayenne and the remaining 1 1/2 tablespoons of kosher salt. Seal the bag and shake to blend.
- In a large, heavy skillet, heat 3/4 inch of peanut oil to 36
- Working in 2 batches, shake the buttermilk off the chicken, put the chicken in the bag with the flour mixture and shake to coat well.
- Add the chicken to the hot oil and fry over moderate heat, turning once or twice, until golden and crisp, about 20 minutes; lower the heat if necessary so the chicken doesn't brown too quickly.
- Drain the chicken on a rack lined with paper towels and serve immediately.
- Make Ahead: The recipe can be prepared through Step 1 and refrigerated for 8 hours.

## Nutrition Facts



**PROTEIN 27.32%** **FAT 45.23%** **CARBS 27.45%**

## Properties

Glycemic Index:26.75, Glycemic Load:34.53, Inflammation Score:-9, Nutrition Score:32.263043160024%

## Nutrients (% of daily need)

Calories: 876.69kcal (43.83%), Fat: 43.36g (66.71%), Saturated Fat: 11.79g (73.7%), Carbohydrates: 59.23g (19.74%), Net Carbohydrates: 56.08g (20.39%), Sugar: 9.89g (10.99%), Cholesterol: 191.05mg (63.68%), Sodium: 4700.33mg (204.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.94g (117.88%), Vitamin B3: 18.84mg (94.21%),

Selenium: 64.41µg (92.02%), Phosphorus: 595.88mg (59.59%), Vitamin B6: 1.04mg (51.98%), Vitamin B2: 0.85mg (50.05%), Vitamin B1: 0.68mg (45.19%), Folate: 140.26µg (35.06%), Zinc: 5.07mg (33.82%), Iron: 6.09mg (33.81%), Vitamin A: 1658.66IU (33.17%), Calcium: 298.81mg (29.88%), Vitamin B5: 2.97mg (29.71%), Manganese: 0.56mg (28.04%), Vitamin B12: 1.53µg (25.52%), Potassium: 845.29mg (24.15%), Magnesium: 87.57mg (21.89%), Vitamin E: 2.81mg (18.75%), Copper: 0.25mg (12.66%), Fiber: 3.15g (12.59%), Vitamin K: 4.88µg (4.65%), Vitamin C: 3.04mg (3.68%), Vitamin D: 0.24µg (1.63%)