

Daniel Boone's Favorite Honey-Fried Chicken

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 chicken pieces
- 0.8 cup flour all-purpose
- 0.3 cup honey
- 2 teaspoons poultry seasoning
- 8 servings salt and pepper to taste
- 3 tablespoons vinegar white

Equipment

- bowl

- frying pan
- whisk
- kitchen thermometer

Directions

- Melt shortening to a depth of 1/2 inch in a large heavy skillet to 350 degrees F (175 degrees C).
- Whisk together the honey and white vinegar; set aside.
- Whisk together the flour, poultry seasoning, and cayenne pepper in a bowl.
- Season the chicken pieces with salt and black pepper.
- Roll chicken in the flour mixture to coat evenly; shake off excess.
- Place the chicken in the preheated skillet, and cook until a light brown crust forms, about 3 minutes per side. Turn the chicken pieces over and brown on the other side.
- Reduce heat to low. Cover the skillet; cook until the meat is no longer pink at the bone and the juices run clear, about 20 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).
- Remove the cover, turn up the heat, and continue to cook, turning as needed, until the chicken is evenly browned and crisp, about 5 minutes.
- Pour off most of the shortening.
- Pour the honey mixture over the chicken and cook over medium-low heat, turning chicken pieces to coat, until liquid thickens, about 5 minutes.

Nutrition Facts

PROTEIN 27.4% **FAT 47.48%** **CARBS 25.12%**

Properties

Glycemic Index:22.16, Glycemic Load:12.54, Inflammation Score:-3, Nutrition Score:9.7726086585418%

Nutrients (% of daily need)

Calories: 336.75kcal (16.84%), Fat: 17.56g (27.02%), Saturated Fat: 5.02g (31.36%), Carbohydrates: 20.91g (6.97%), Net Carbohydrates: 20.51g (7.46%), Sugar: 11.65g (12.94%), Cholesterol: 86.7mg (28.9%), Sodium: 275.76mg (11.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.8g (45.6%), Vitamin B3: 8.59mg (42.93%), Selenium: 20.8µg (29.71%), Vitamin B6: 0.42mg (20.99%), Phosphorus: 184.25mg (18.42%), Vitamin B2: 0.2mg (11.94%),

Vitamin B5: 1.11mg (11.13%), Zinc: 1.64mg (10.96%), Vitamin B1: 0.16mg (10.84%), Iron: 1.82mg (10.13%), Manganese: 0.15mg (7.56%), Folate: 29.35µg (7.34%), Potassium: 241.95mg (6.91%), Magnesium: 27.17mg (6.79%), Vitamin B12: 0.36µg (5.97%), Vitamin K: 5.8µg (5.52%), Copper: 0.08mg (4.11%), Vitamin A: 175IU (3.5%), Vitamin E: 0.36mg (2.4%), Vitamin C: 1.98mg (2.4%), Calcium: 20.78mg (2.08%), Fiber: 0.4g (1.6%), Vitamin D: 0.23µg (1.54%)