



## Deep South Fried Chicken



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon salt
- ☐ 1 cup shortening
- ☐ 2 pound meat from a rotisserie chicken whole cut into pieces

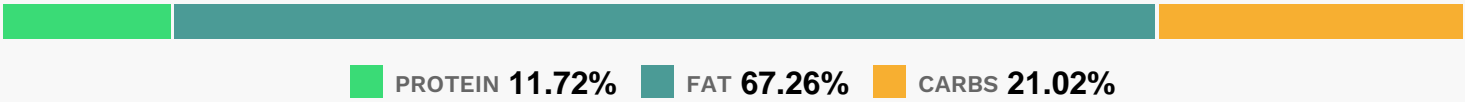
### Equipment

- ☐ frying pan

# Directions

- ☐ Heat the shortening in a large, cast iron skillet over medium-high heat.
- ☐ In a brown paper lunch bag, combine the flour, salt, and pepper. Shake two chicken pieces in the bag to coat, and place them in the skillet. Repeat until all of the chicken is coated and in the skillet.
- ☐ Fry the chicken over medium-high heat until all of the pieces have been browned on both sides. Turn the heat to medium-low, cover, and cook for 25 minutes.
- ☐ Remove the lid, and increase heat to medium-high. Continue frying until chicken pieces are a deep golden brown, and the juices run clear.

## Nutrition Facts



## Properties

Glycemic Index:13.38, Glycemic Load:17.28, Inflammation Score:-3, Nutrition Score:9.1356521585713%

## Nutrients (% of daily need)

Calories: 457.93kcal (22.9%), Fat: 34.14g (52.52%), Saturated Fat: 8.8g (55.03%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 23.1g (8.4%), Sugar: 0.09g (0.1%), Cholesterol: 40.82mg (13.61%), Sodium: 330.49mg (14.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.76%), Vitamin B3: 5.55mg (27.75%), Selenium: 18.44µg (26.35%), Vitamin B1: 0.28mg (18.89%), Folate: 60.5µg (15.12%), Vitamin K: 14.95µg (14.24%), Vitamin B2: 0.22mg (12.95%), Manganese: 0.26mg (12.8%), Vitamin E: 1.76mg (11.7%), Phosphorus: 114.16mg (11.42%), Iron: 1.98mg (11.03%), Vitamin B6: 0.21mg (10.26%), Vitamin B5: 0.81mg (8.1%), Zinc: 0.94mg (6.24%), Magnesium: 18.2mg (4.55%), Potassium: 139.69mg (3.99%), Copper: 0.07mg (3.73%), Fiber: 0.91g (3.63%), Vitamin B12: 0.17µg (2.81%), Vitamin A: 77.57IU (1.55%), Calcium: 12.22mg (1.22%), Vitamin C: 0.87mg (1.06%)