



Dixie Fried Chicken

READY IN



45 min.

SERVINGS



11

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup reserved pan drippings
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 11 servings vegetable oil
- ☐ 1 eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups flour all-purpose
- ☐ 1 Dash ground pepper red
- ☐ 1 teaspoon ground pepper red

- ☐ 0.3 cup milk
- ☐ 2.5 cups milk hot
- ☐ 0.5 teaspoon salt
- ☐ 2.5 pounds broiler-fryer assorted

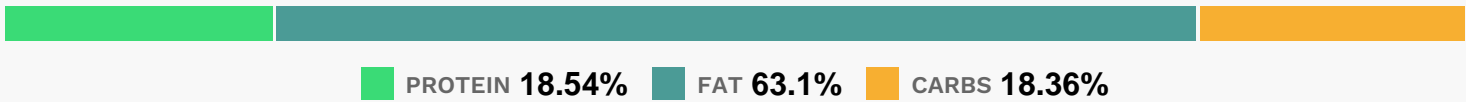
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Season chicken with salt and black pepper.
- ☐ Combine flour and red pepper; set aside.
- ☐ Combine egg and milk; dip chicken in egg mixture and dredge in flour mixture, coating chicken well.
- ☐ Pour oil to a depth of one inch in a heavy 10" to 12" skillet; heat oil to 35
- ☐ Fry chicken in hot oil over medium heat 15 to 20 minutes or until golden, turning occasionally.
- ☐ Remove small pieces earlier, if necessary, to prevent overbrowning.
- ☐ Drain chicken on paper towels, reserving 1/4 cup drippings in skillet for Cream Gravy.
- ☐ Serve with gravy.
- ☐ Heat pan drippings in skillet over medium heat.
- ☐ Add flour, stirring until browned. Gradually add hot milk; cook, stirring constantly until thick and bubbly.
- ☐ Add salt, black pepper and red pepper.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:32.18, Glycemic Load:12.13, Inflammation Score:-4, Nutrition Score:11.490434791731%

Nutrients (% of daily need)

Calories: 403.26kcal (20.16%), Fat: 28.08g (43.2%), Saturated Fat: 5.69g (35.58%), Carbohydrates: 18.38g (6.13%), Net Carbohydrates: 17.75g (6.46%), Sugar: 3.11g (3.46%), Cholesterol: 77.54mg (25.85%), Sodium: 227.96mg (9.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.13%), Vitamin B3: 6.3mg (31.49%), Selenium: 20.58µg (29.41%), Phosphorus: 206.66mg (20.67%), Vitamin E: 2.81mg (18.77%), Vitamin B2: 0.3mg (17.37%), Vitamin B1: 0.25mg (16.67%), Vitamin B6: 0.32mg (15.9%), Vitamin K: 11.67µg (11.11%), Folate: 42.7µg (10.68%), Vitamin B5: 1.05mg (10.51%), Vitamin B12: 0.62µg (10.34%), Zinc: 1.45mg (9.68%), Iron: 1.68mg (9.32%), Calcium: 91.47mg (9.15%), Manganese: 0.17mg (8.73%), Potassium: 272.06mg (7.77%), Magnesium: 27.74mg (6.93%), Vitamin D: 0.92µg (6.15%), Vitamin A: 302.69IU (6.05%), Copper: 0.07mg (3.55%), Fiber: 0.62g (2.49%), Vitamin C: 1.27mg (1.54%)