



## Double Dipped Spicy Chicken

READY IN



25 min.

SERVINGS



4

CALORIES



500 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon allspice
- 1 cup buttermilk
- 0.3 teaspoon cayenne pepper
- 1 pound chicken breast tenderloins
- 1.5 cups flour
- 1 teaspoon paprika
- 1 teaspoon poultry seasoning
- 4 servings salt and pepper
- 1 pound chicken thighs boneless skinless

4 servings vegetable oil for frying

## Equipment

frying pan

## Directions

- Watch how to make this recipe.
- Heat 1 1/2 inches vegetable oil in a deep skillet over medium high heat. A cube of bread should brown in a 40 count when oil is ready.
- Set out 3 disposable pie tins.
- Mix flour with paprika, poultry seasoning, cayenne, and allspice. Divide seasoned flour between 2 tins.
- Pour buttermilk into a tin. Line up tins as such: flour, buttermilk, and then flour.
- Season chicken with salt and pepper. Coat chicken pieces in flour, then buttermilk, then a second coating of flour.
- Cook chicken 6 minutes on each side, until deep golden brown and firm.
- Drain chicken on paper bags and cool before packing up for picnic basket.

## Nutrition Facts



## Properties

Glycemic Index:42, Glycemic Load:26.82, Inflammation Score:-7, Nutrition Score:28.198260675306%

## Nutrients (% of daily need)

Calories: 500.47kcal (25.02%), Fat: 12.98g (19.97%), Saturated Fat: 3.49g (21.78%), Carbohydrates: 39.46g (13.15%), Net Carbohydrates: 37.9g (13.78%), Sugar: 3.13g (3.48%), Cholesterol: 186.9mg (62.3%), Sodium: 490.8mg (21.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.82g (105.65%), Selenium: 80.11µg (114.44%), Vitamin B3: 21.06mg (105.31%), Vitamin B6: 1.42mg (70.84%), Phosphorus: 554.75mg (55.47%), Vitamin B2: 0.66mg (38.66%), Vitamin B1: 0.57mg (38.29%), Vitamin B5: 3.42mg (34.23%), Folate: 98.97µg (24.74%), Potassium: 847.24mg (24.21%), Iron: 3.82mg (21.24%), Vitamin B12: 1.23µg (20.48%), Manganese: 0.41mg (20.31%), Zinc: 2.98mg (19.86%), Magnesium: 74.25mg (18.56%), Vitamin K: 13.51µg (12.87%), Calcium: 99.16mg (9.92%), Vitamin A: 472.35IU (9.45%), Copper: 0.19mg (9.29%), Fiber: 1.56g (6.23%), Vitamin E: 0.91mg (6.05%), Vitamin D: 0.89µg (5.96%), Vitamin C:

1.57mg (1.9%)