



Easy Fried Chicken

READY IN



45 min.

SERVINGS



6

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 1 cup buttermilk
- 0.5 teaspoon ground pepper
- 3 pounds chicken cut into 8 pieces
- 1.5 cups flour
- 1.5 teaspoons salt
- 6 servings vegetable oil

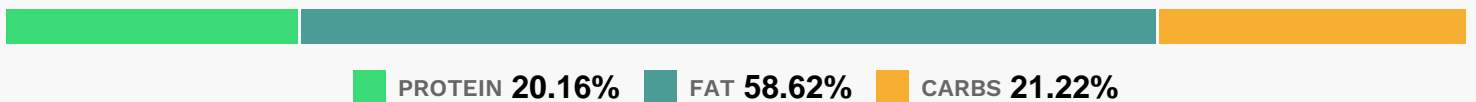
Equipment

- bowl
- paper towels
- oven
- wire rack
- kitchen thermometer
- dutch oven
- tongs

Directions

- Rinse the chicken in cold water and pat dry.
- Combine the salt, flour, black pepper, and cayenne in a large, shallow bowl. Dredge the chicken in the flour mixture, shaking off the excess. Set aside for about 15 minutes.
- Pour the buttermilk into a second shallow bowl. Dip the chicken in the buttermilk, then again in the flour mixture.
- In a heavy-bottomed Dutch oven (preferably cast iron), heat about 4 inches of vegetable oil over medium heat until the temperature registers 360 F on a deep-fry thermometer. Carefully place the chicken in the oil, using tongs. (
- Add the pieces slowly, so that the temperature does not drop, and work in batches to avoid overcrowding.) Fry the chicken until golden brown, turning once, 10 to 20 minutes, depending on the size of the pieces. Check for doneness by piercing the meat; the juices should run clear.
- Drain the chicken on paper towels set on a wire rack. If desired, the cooked chicken can be kept warm in an oven set on low.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:17.91, Inflammation Score:-5, Nutrition Score:14.529565116634%

Nutrients (% of daily need)

Calories: 497.73kcal (24.89%), Fat: 32.06g (49.33%), Saturated Fat: 7.65g (47.79%), Carbohydrates: 26.11g (8.7%), Net Carbohydrates: 25.13g (9.14%), Sugar: 2.06g (2.28%), Cholesterol: 86.05mg (28.68%), Sodium: 700.32mg (30.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.82g (49.63%), Vitamin B3: 9.3mg (46.52%), Selenium: 27.78µg (39.69%), Vitamin K: 28.27µg (26.93%), Phosphorus: 228.79mg (22.88%), Vitamin B1: 0.33mg (22.02%), Vitamin B2: 0.36mg (20.94%), Vitamin B6: 0.41mg (20.71%), Folate: 65.95µg (16.49%), Manganese: 0.28mg (14.14%), Iron: 2.49mg (13.86%), Vitamin B5: 1.28mg (12.84%), Zinc: 1.81mg (12.04%), Vitamin E: 1.57mg (10.48%), Vitamin B12: 0.52µg (8.69%), Potassium: 301.09mg (8.6%), Magnesium: 33.49mg (8.37%), Calcium: 64.75mg (6.47%), Vitamin A: 289.58IU (5.79%), Copper: 0.11mg (5.64%), Vitamin D: 0.74µg (4.92%), Fiber: 0.97g (3.89%), Vitamin C: 1.87mg (2.27%)