



Fried Chicken

READY IN



50 min.

SERVINGS



16

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups buttermilk
- 2 teaspoons cayenne pepper
- 2 chickens whole organic free-range
- 6 cups flour all-purpose
- 2 tablespoons garlic powder
- 4 tablespoons ground pepper black
- 1 tablespoon onion powder
- 5 tablespoons salt
- 16 servings vegetable oil for frying

Equipment

- bowl
- frying pan
- kitchen thermometer
- stove
- kitchen timer

Directions

- Watch how to make this recipe.
- Cut the whole chickens into 4 breasts, 4 thighs, 4 legs and 4 wings and set aside.
- Preheat your oil, in either a heavy pan on the stove or a deep-fryer, to 325 degrees F.
- In a large bowl, combine the flour, salt, black pepper, garlic powder, onion powder and cayenne pepper until thoroughly mixed. Set aside.
- Pour the buttermilk into another bowl large enough for the chicken to be immersed in the buttermilk.
- Prepare your dredging station.
- Place your chicken in a bowl. Next to that, your bowl of buttermilk, and next to that, your dry mixture.
- Take your breasts, lightly dust them with your flour mixture, then dip them in the buttermilk until they are coated, and then place them in the flour mixture.
- Take the breasts that are in the flour mixture and aggressively push the flour mixture into the wet chicken. Make sure that the chicken is very thoroughly coated, or you will not achieve the crust and crunch you are looking for. Gently place the breasts in your hot oil.
- Next, repeat the dredging steps with your other pieces of chicken in this order: thigh, leg then wing.
- When you place the last wing into the fryer, you should have 16 pieces of chicken in the oil. Set a timer for 15 minutes.
- After 15 minutes, take a probe thermometer and check the temperature of a breast. If it reads 180 degrees F, all of your chicken is done. (Keep in mind that it will continue to cook after it has been removed from the fryer.)

Remove the chicken from the oil and let it drain for 5 minutes.

Let cool for an additional 10 minutes before serving.

Nutrition Facts

PROTEIN 21.44% **FAT 40.95%** **CARBS 37.61%**

Properties

Glycemic Index:10.94, Glycemic Load:26.57, Inflammation Score:-7, Nutrition Score:16.522608663725%

Nutrients (% of daily need)

Calories: 426.64kcal (21.33%), Fat: 19.11g (29.4%), Saturated Fat: 5.31g (33.2%), Carbohydrates: 39.49g (13.16%), Net Carbohydrates: 37.62g (13.68%), Sugar: 1.68g (1.87%), Cholesterol: 85.38mg (28.46%), Sodium: 2279.73mg (99.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.51g (45.03%), Vitamin B3: 8.98mg (44.89%), Selenium: 28.48µg (40.68%), Vitamin B1: 0.45mg (29.81%), Folate: 113.37µg (28.34%), Manganese: 0.56mg (28.2%), Vitamin B2: 0.45mg (26.66%), Phosphorus: 242.26mg (24.23%), Iron: 3.75mg (20.83%), Vitamin A: 966.35IU (19.33%), Vitamin B6: 0.37mg (18.35%), Vitamin B12: 1.08µg (18.05%), Vitamin B5: 1.32mg (13.24%), Zinc: 1.74mg (11.61%), Potassium: 319.39mg (9.13%), Magnesium: 35.71mg (8.93%), Copper: 0.16mg (8.14%), Vitamin K: 8.06µg (7.67%), Fiber: 1.87g (7.48%), Calcium: 61.91mg (6.19%), Vitamin C: 2.6mg (3.15%), Vitamin D: 0.39µg (2.6%), Vitamin E: 0.38mg (2.51%)