



Fried Chicken

READY IN



219 min.

SERVINGS



4

CALORIES



1414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound meat from a rotisserie chicken cut into 8 pieces
- 3 cups corn oil
- 4 cups flour all-purpose
- 6 cloves garlic
- 1 tablespoon ground pepper black finely
- 0.3 cup hot sauce (recommended: Tabasco)
- 1 quart buttermilk low-fat
- 4 tablespoons salt (sea salt or kosher)
- 0.5 cup butter unsalted

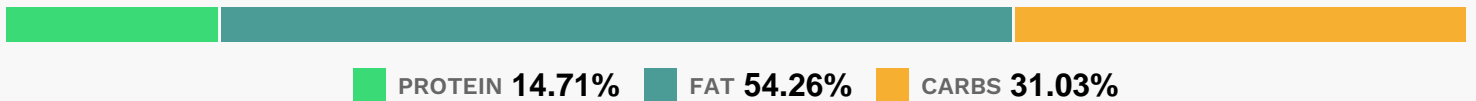
Equipment

- frying pan
- oven

Directions

- Combine the buttermilk, garlic, and hot sauce and stir well. Submerge the chicken pieces in the buttermilk.
- Let soak for at least 2 hours in the refrigerator, but preferably overnight.
- Preheat the oven to 350 degrees F.
- Sift together the flour, salt, and pepper.
- Heat the oil and butter over medium heat in a large skillet until the foaming of the butter begins to subside. Pull the pieces of chicken out of the buttermilk 1 at a time.
- Let the excess buttermilk drip off, and then coat the chicken in the seasoned flour. Coat well and shake off any excess flour.
- Place the chicken skin side down into the hot oil. Cook until nicely browned, 10 to 12 minutes per side.
- Place the chicken on a sheet tray and bake in the oven for 10 to 15 minutes. You should see the juices of a thigh or leg run clear when you pierce the chicken with a fork.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:69.61, Inflammation Score:-9, Nutrition Score:39.706086822178%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 1413.86kcal (70.69%), Fat: 85.11g (130.94%), Saturated Fat: 26.1g (163.13%), Carbohydrates: 109.54g (36.51%), Net Carbohydrates: 105.63g (38.41%), Sugar: 11.99g (13.33%), Cholesterol: 192.94mg (64.31%), Sodium: 7976.18mg (346.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.9g (103.8%), Selenium: 71.64µg (102.34%), Vitamin B3: 18.73mg (93.67%), Vitamin B1: 1.18mg (78.59%), Vitamin B2: 1.21mg (71.26%), Folate: 252.82µg (63.2%), Phosphorus: 603.87mg (60.39%), Manganese: 1.18mg (59.19%), Iron: 7.77mg (43.17%), Vitamin E: 6.37mg (42.47%), Vitamin B6: 0.8mg (39.97%), Calcium: 338.67mg (33.87%), Vitamin B5: 2.79mg (27.85%), Zinc: 4.14mg (27.62%), Vitamin C: 21.34mg (25.87%), Potassium: 874.65mg (24.99%), Magnesium: 91.62mg (22.91%), Vitamin A: 1089.91IU (21.8%), Vitamin K: 22.24µg (21.18%), Vitamin B12: 1.07µg (17.92%), Copper: 0.33mg (16.67%), Fiber: 3.91g (15.64%), Vitamin D: 0.75µg (5.01%)