



## Fried Chicken

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tablespoons evaporated milk
- 6 servings flour all-purpose
- 6 servings salt and pepper
- 6 servings vegetable oil
- 2 tablespoons water

## Equipment

- bowl

## Directions

- Sprinkle the fryer with salt and pepper.
- Pour the milk and water over the fryer and marinate for about 10 minutes. Dip in a bowl of all-purpose flour. Shake off the excess flour.
- Heat oil to 300° and deep-fry (or heat oil to medium and panfry) the chicken. Make sure the chicken is covered with oil at all times. Fry until golden brown.
- Mrs. Wilkes' Boardinghouse Cookbook
- Ten Speed Press

## Nutrition Facts



## Properties

Glycemic Index:12.5, Glycemic Load:4.14, Inflammation Score:-1, Nutrition Score:2.6891304010768%

## Nutrients (% of daily need)

Calories: 157.81kcal (7.89%), Fat: 14.45g (22.23%), Saturated Fat: 2.38g (14.85%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 6.02g (2.19%), Sugar: 0.52g (0.58%), Cholesterol: 1.45mg (0.48%), Sodium: 199.49mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.23%), Vitamin K: 25.8µg (24.57%), Vitamin E: 1.16mg (7.72%), Vitamin B1: 0.06mg (4.08%), Selenium: 2.66µg (3.8%), Folate: 14.13µg (3.53%), Vitamin B2: 0.05mg (3.11%), Manganese: 0.05mg (2.6%), Vitamin B3: 0.45mg (2.26%), Iron: 0.36mg (2.01%), Phosphorus: 18.25mg (1.83%), Calcium: 14.44mg (1.44%)