



Fried Chicken

READY IN



160 min.

SERVINGS



4

CALORIES



837 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 cups buttermilk
- ☐ 2 teaspoons cayenne
- ☐ 3 pound meat from a rotisserie chicken
- ☐ 2 tablespoons chili sauce such as srirachi hot chili sauce hot
- ☐ 3 cups flour all-purpose
- ☐ 2 tablespoons garlic powder
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons onion powder

- ☐ 4 servings vegetable oil; peanut oil preferred for frying
- ☐ 2 tablespoons paprika sweet

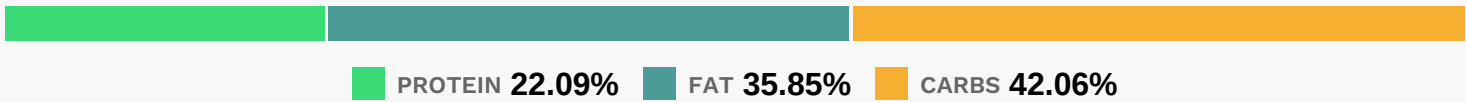
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Put the chicken pieces into a large bowl. Cover the chicken with water by 1-inch; add 1 tablespoon of salt for each quart of water used. Cover and refrigerate at least 2 hours or overnight.
- ☐ In a large shallow platter, mix the flour, garlic powder, onion powder, paprika, and cayenne until well blended; season generously with salt and pepper. In another platter combine the buttermilk and hot sauce; season with salt and pepper.
- ☐ Drain the chicken and pat it dry. Dredge the pieces, a few at a time, in the flour mixture, then dip them into the buttermilk; dredge them again in the seasoned flour. Set aside and let the chicken rest while you heat the oil.
- ☐ Put about 3 inches of oil into a large deep pot; it should not come up more than half way. Bring the oil up to 375 degrees F over medium high heat. Working in batches, carefully add the chicken pieces 3 or 4 at a time. Fry, turning the pieces once, until golden brown and cooked through, about 20 minutes.
- ☐ Remove from the oil and place on a rack to drain; repeat with the remaining pieces.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:53.91, Inflammation Score:-9, Nutrition Score:33.799565543299%

Nutrients (% of daily need)

Calories: 836.86kcal (41.84%), Fat: 33g (50.77%), Saturated Fat: 10.07g (62.91%), Carbohydrates: 87.08g (29.03%), Net Carbohydrates: 81.96g (29.8%), Sugar: 7.9g (8.78%), Cholesterol: 135.67mg (45.22%), Sodium: 544.13mg (23.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.75g (91.5%), Selenium: 61.59µg (87.98%), Vitamin

B3: 17.35mg (86.76%), Vitamin B1: 0.95mg (63.03%), Vitamin B2: 0.93mg (54.8%), Vitamin A: 2618.15IU (52.36%), Phosphorus: 489.1mg (48.91%), Folate: 194.95µg (48.74%), Vitamin B6: 0.86mg (42.95%), Manganese: 0.85mg (42.44%), Iron: 7.11mg (39.49%), Vitamin B5: 2.5mg (24.97%), Zinc: 3.7mg (24.69%), Potassium: 782.19mg (22.35%), Fiber: 5.12g (20.49%), Magnesium: 81.14mg (20.29%), Calcium: 198.18mg (19.82%), Vitamin B12: 1.06µg (17.64%), Vitamin E: 2.57mg (17.12%), Copper: 0.33mg (16.26%), Vitamin D: 1.89µg (12.58%), Vitamin K: 7.44µg (7.08%), Vitamin C: 5.48mg (6.64%)