



## Fried Chicken

 Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



468 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 teaspoon cajun spice
- ☐ 8 pieces airline chicken breast
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon kosher salt
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup vegetable oil
- ☐ 8 cups vegetable oil

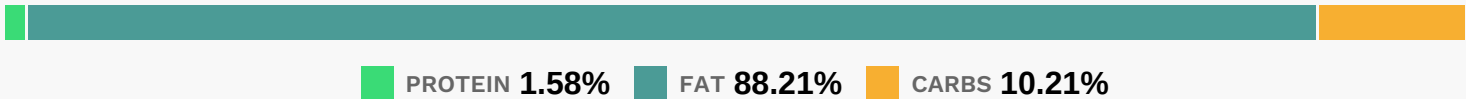
## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ deep fryer

## Directions

- ☐ Special equipment: Deep fryer
- ☐ Preheat the oven to 175 degrees F. Preheat the oil in the deep fryer to 400 degrees F.
- ☐ For the flour: In a bowl, mix the four, salt and Cajun seasoning.
- ☐ For the chicken: Toss the chicken with 1/2 cup of the oil, 1 tablespoon salt and 1 teaspoon pepper, and place on parchment paper. Cook slowly in the oven until the chicken reaches an internal temperature of 165 degrees F, about 1 hour.
- ☐ Remove from the oven and cool.
- ☐ Once cooled, toss the cooked chicken with the seasoned flour and flash fry in the deep fryer. Cook until the skin is crisp, 4 minutes.
- ☐ Remove and allow excess oil to drain over paper towels.
- ☐ Finally re-season with salt and pepper, and serve.

## Nutrition Facts



## Properties

Glycemic Index:15.25, Glycemic Load:8.65, Inflammation Score:-5, Nutrition Score:7.1552173415928%

## Nutrients (% of daily need)

Calories: 468.48kcal (23.42%), Fat: 46.54g (71.6%), Saturated Fat: 7.1g (44.39%), Carbohydrates: 12.12g (4.04%), Net Carbohydrates: 11.59g (4.21%), Sugar: 0.07g (0.08%), Cholesterol: 0.64mg (0.21%), Sodium: 292.35mg (12.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Vitamin K: 85.61µg (81.53%), Vitamin E: 3.87mg (25.83%), Vitamin B1: 0.12mg (8.28%), Selenium: 5.64µg (8.05%), Folate: 28.77µg (7.19%), Manganese: 0.12mg (6.21%), Vitamin B3: 1.05mg (5.27%), Vitamin B2: 0.08mg (4.79%), Iron: 0.8mg (4.46%), Vitamin A: 123.98IU (2.48%), Fiber: 0.53g (2.14%), Phosphorus: 19.92mg (1.99%), Copper: 0.03mg (1.31%), Magnesium: 4.32mg (1.08%)