



## Fried Chicken

READY IN



70 min.

SERVINGS



4

CALORIES



776 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 cups buttermilk
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 2 cups self-rising flour
- ☐ 4 servings vegetable oil
- ☐ 3 lb meat from a rotisserie chicken whole cut into pieces

## Equipment

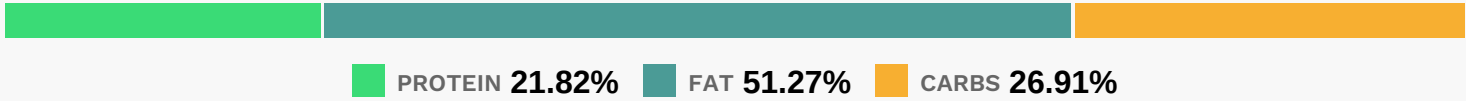
- ☐ frying pan

- ☐ paper towels
- ☐ ziploc bags
- ☐ dutch oven

## Directions

- ☐ Sprinkle chicken with salt and pepper and place chicken in a shallow dish or zip-top plastic bag, then add buttermilk. Cover or seal, and chill for at least 2 hours.
- ☐ Remove chicken from buttermilk; discard buttermilk immediately. Dredge each piece of chicken in flour.
- ☐ Pour vegetable oil to a depth of 1 1/2 inches in a deep skillet or Dutch oven; heat to 36
- ☐ Add half of the chicken; cover and cook for 6 minutes. Uncover chicken and cook for 9 minutes. Turn chicken over; cover and cook for 6 minutes. Uncover and continue cooking for 5 to 9 minutes, turning chicken the last 3 minutes for even browning, if necessary.
- ☐ Drain chicken on paper towels. Repeat with remaining chicken.
- ☐ Let cool for 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:32.5, Glycemic Load:31.24, Inflammation Score:-5, Nutrition Score:21.269130250682%

## Nutrients (% of daily need)

Calories: 776.12kcal (38.81%), Fat: 43.62g (67.1%), Saturated Fat: 11.61g (72.58%), Carbohydrates: 51.51g (17.17%), Net Carbohydrates: 49.88g (18.14%), Sugar: 6.05g (6.73%), Cholesterol: 135.67mg (45.22%), Sodium: 823.03mg (35.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.76g (83.53%), Selenium: 52.79µg (75.42%), Vitamin B3: 11.84mg (59.22%), Phosphorus: 403.46mg (40.35%), Vitamin B6: 0.64mg (31.97%), Manganese: 0.6mg (29.8%), Vitamin K: 29.56µg (28.15%), Vitamin B2: 0.44mg (25.93%), Vitamin B5: 2.22mg (22.23%), Zinc: 3.13mg (20.89%), Vitamin B12: 1.06µg (17.64%), Calcium: 167.91mg (16.79%), Potassium: 539.89mg (15.43%), Magnesium: 61.15mg (15.29%), Vitamin B1: 0.2mg (13.66%), Vitamin E: 1.97mg (13.16%), Vitamin D: 1.89µg (12.58%), Iron: 2.12mg (11.8%), Copper: 0.23mg (11.46%), Folate: 36.51µg (9.13%), Vitamin A: 430.6IU (8.61%), Fiber: 1.63g (6.51%), Vitamin C: 2.61mg (3.17%)