



WHATSheATE



Fried Chicken and Milk Gravy

READY IN



45 min.

SERVINGS



4

CALORIES



753 kcal

SAUCE

Ingredients

- ☐ 0.7 cup buttermilk
- ☐ 1 teaspoon chicken soup base
- ☐ 8 strips.
- ☐ 1.3 teaspoons thyme dried
- ☐ 1 cup flour all-purpose divided
- ☐ 1.5 cups milk
- ☐ 2 tablespoons cooking oil
- ☐ 0.8 teaspoon pepper divided
- ☐ 0.8 teaspoon lawry's seasoned salt

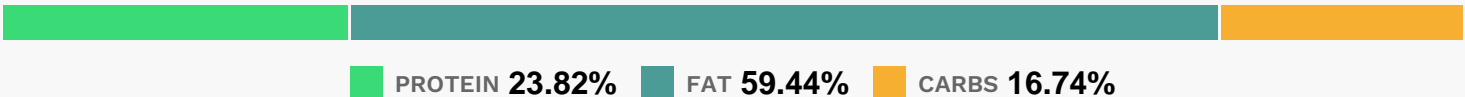
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine 1 cup flour, thyme, onion powder, salt and 1/2 t. pepper in a large plastic zipping bag.
- ☐ Add chicken to bag, one or 2 pieces at a time; shake to coat well. Dip chicken into buttermilk; return to bag and shake to coat.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add chicken and saut 15 minutes, turning to cook evenly until golden. Reduce heat to medium-low. Cook, uncovered, 35 to 40 more minutes or until chicken is tender and juices run clear when chicken is pierced with a fork.
- ☐ Remove chicken to paper towels, reserving drippings; cover chicken to keep warm. Stir bouillon, remaining flour and remaining pepper into skillet drippings, scraping up any browned bits.
- ☐ Add milk. Cook and stir over medium heat until thickened and bubbly; cook and stir one more minute.
- ☐ Serve hot gravy over chicken.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:19.53, Inflammation Score:-7, Nutrition Score:24.597391365015%

Nutrients (% of daily need)

Calories: 753.41kcal (37.67%), Fat: 49.2g (75.69%), Saturated Fat: 13.18g (82.35%), Carbohydrates: 31.17g (10.39%), Net Carbohydrates: 30.11g (10.95%), Sugar: 6.53g (7.26%), Cholesterol: 236.93mg (78.97%), Sodium: 807.06mg (35.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.37g (88.73%), Selenium: 56.25µg (80.35%), Vitamin B3: 12.5mg (62.52%), Phosphorus: 519.3mg (51.93%), Vitamin B6: 0.86mg (43.12%), Vitamin B2: 0.65mg (38.34%), Vitamin B12: 2.13µg (35.43%), Vitamin B1: 0.49mg (32.34%), Vitamin B5: 2.93mg (29.35%), Zinc: 3.6mg (23.98%), Potassium: 697.15mg (19.92%), Calcium: 190.09mg (19.01%), Iron: 3.41mg (18.93%), Folate: 67.05µg

(16.76%), Magnesium: 66.42mg (16.6%), Manganese: 0.33mg (16.44%), Vitamin K: 16.2µg (15.43%), Vitamin E: 1.82mg (12.14%), Vitamin D: 1.75µg (11.68%), Copper: 0.18mg (8.96%), Vitamin A: 404.45IU (8.09%), Fiber: 1.05g (4.22%)