



Fried Chicken Biscuits

READY IN



45 min.

SERVINGS



4

CALORIES



910 kcal

Ingredients

- 4 grands flaky refrigerator biscuits
- 4 servings pepper black freshly ground
- 1 cup buttermilk
- 0.3 teaspoon ground pepper
- 4 chicken cutlets boneless skinless ()
- 0.3 cup honey
- 4 servings hot sauce (for serving)
- 0.5 teaspoon kosher salt plus more
- 2 cups panko bread crumbs (Japanese breadcrumbs)
- 0.5 cup butter unsalted room temperature (1 stick)

2.5 cups vegetable oil for frying

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- ziploc bags

Directions

- Combine buttermilk, hot sauce, salt, black pepper, and cayenne in a resealable plastic bag; add chicken. Seal bag, turn to coat, and chill at least 3 hours.
- DO AHEAD: Chicken can be marinated 8 hours ahead. Keep chilled.
- Mix butter, honey, and 1/2 teaspoon salt in a small bowl until smooth; set honey butter aside.
- Pour oil into a large skillet, preferably cast iron, to a depth of 1/2" and heat over medium-high heat until oil bubbles immediately when a little panko is added.
- Meanwhile, place panko in a shallow bowl.
- Remove chicken from marinade; season with salt and pepper. Dredge chicken in panko, shaking off excess. Working in 2 batches and maintaining oil temperature, fry chicken until golden brown, crisp, and cooked through, about 3 minutes per side.
- Transfer chicken to a paper towel-lined baking sheet to drain.
- Split biscuits and spread each side with 1 tablespoon reserved honey butter. Build sandwiches with biscuits, chicken, and hot sauce.

Nutrition Facts

 PROTEIN 18.78%  FAT 59.98%  CARBS 21.24%

Properties

Glycemic Index: 52.82, Glycemic Load: 14.04, Inflammation Score: -7, Nutrition Score: 27.816521458004%

Nutrients (% of daily need)

Calories: 910.31kcal (45.52%), Fat: 60.89g (93.68%), Saturated Fat: 22.01g (137.57%), Carbohydrates: 48.51g (16.17%), Net Carbohydrates: 46.93g (17.07%), Sugar: 24.37g (27.08%), Cholesterol: 176.41mg (58.8%), Sodium: 812.45mg (35.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.89g (85.78%), Vitamin B3: 20.15mg (100.77%), Selenium: 65.27µg (93.24%), Vitamin B6: 1.35mg (67.39%), Vitamin K: 55.97µg (53.3%), Phosphorus: 472.29mg (47.23%), Vitamin B1: 0.46mg (30.96%), Vitamin B5: 2.89mg (28.93%), Vitamin B2: 0.44mg (26.15%), Vitamin E: 3.56mg (23.73%), Potassium: 799.48mg (22.84%), Manganese: 0.38mg (19.03%), Vitamin A: 920.41IU (18.41%), Magnesium: 65.86mg (16.47%), Calcium: 142.6mg (14.26%), Iron: 2.52mg (13.98%), Folate: 51.43µg (12.86%), Vitamin B12: 0.77µg (12.82%), Zinc: 1.78mg (11.84%), Vitamin D: 1.38µg (9.17%), Copper: 0.16mg (8.03%), Fiber: 1.58g (6.33%), Vitamin C: 2.32mg (2.81%)