



Fried Chicken Drumsticks with Cumin Salt

READY IN



45 min.

SERVINGS



2

CALORIES



1446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup flour all-purpose
- 6 skin-on chicken drumsticks
- 4 cups vegetable oil
- 1 cup buttermilk well-shaken
- 1 teaspoon salt
- 0.5 teaspoon pepper black
- 1 tablespoon ground cumin

Equipment

- paper towels
- kitchen thermometer
- ziploc bags
- tongs

Directions

- In a large sealable plastic bag combine buttermilk and 1/2 tablespoon cumin.
- Add drumsticks and seal bag, pressing out excess air. Marinate drumsticks at room temperature 15 minutes. In another plastic bag combine flour and salt and pepper to taste. In a small cup stir together remaining 1/2 tablespoon cumin, 1 teaspoon salt, and 1/2 teaspoon pepper.
- In a 4 1/2- to 5-quart kettle (preferably cast-iron) heat oil until a deep-fat thermometer registers 345° F. Just before oil reaches 345° F. drain half of drumsticks.
- Add drumsticks to bag with flour mixture and shake to coat, knocking off excess. Using tongs lower floured drumsticks carefully into hot oil. Fry drumsticks, turning occasionally and regulating heat to keep oil at a constant 345° F., until mahogany-colored and cooked through, about 12 minutes.
- Transfer fried drumsticks with tongs to a rack set over paper towels to drain and season while hot with half of cumin salt. Prepare remaining drumsticks in same manner.

Nutrition Facts

PROTEIN 14.05% **FAT 70.62%** **CARBS 15.33%**

Properties

Glycemic Index:71.5, Glycemic Load:36.43, Inflammation Score:-8, Nutrition Score:36.088260703761%

Nutrients (% of daily need)

Calories: 1446.39kcal (72.32%), Fat: 113.57g (174.72%), Saturated Fat: 21.29g (133.08%), Carbohydrates: 55.45g (18.48%), Net Carbohydrates: 53.32g (19.39%), Sugar: 6.1g (6.77%), Cholesterol: 222.16mg (74.05%), Sodium: 1531.35mg (66.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.85g (101.69%), Vitamin K: 167.57µg (159.59%), Selenium: 69.87µg (99.82%), Vitamin B3: 14.93mg (74.64%), Phosphorus: 562.3mg (56.23%), Vitamin B2: 0.91mg (53.25%), Vitamin E: 7.79mg (51.94%), Vitamin B1: 0.75mg (50.03%), Vitamin B6: 0.84mg (41.96%), Zinc: 5.41mg (36.05%), Iron: 6.43mg (35.74%), Folate: 127.57µg (31.89%), Manganese: 0.64mg (31.82%), Vitamin B5: 3.09mg (30.85%), Vitamin B12: 1.8µg (30.02%), Potassium: 795.9mg (22.74%), Magnesium: 83.04mg (20.76%),

Calcium: 200.95mg (20.1%), Copper: 0.29mg (14.61%), Vitamin D: 1.79µg (11.91%), Fiber: 2.13g (8.52%), Vitamin A: 343.31IU (6.87%)