



Fried Chicken My Way

READY IN



45 min.

SERVINGS



4

CALORIES



911 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 2 cups flour all-purpose
- 1 tablespoon paprika
- 2 teaspoons kosher salt divided
- 1 cup milk
- 2 cups yogurt plain
- 4 slices bacon thick-cut
- 4 servings vegetable oil
- 2.5 lb chicken whole

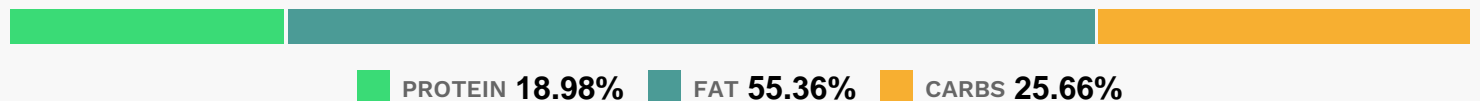
Equipment

- frying pan
- paper towels
- whisk
- wire rack
- kitchen thermometer

Directions

- Whisk together yogurt and milk in a large shallow dish.
- Add chicken to yogurt mixture; cover and chill 2 to 4 hours.
- Stir together flour, paprika, pepper, and 1 tsp. salt in a large shallow dish.
- Remove chicken from yogurt mixture, discarding yogurt mixture. Rinse chicken, and pat dry. Dredge chicken in flour mixture, shaking off excess.
- Pour oil to a depth of 1 1/2 inches into a 12-inch cast-iron skillet; heat over medium-high heat to 350.
- Fry bacon in hot oil 2 to 3 minutes or until crisp.
- Transfer to paper towels; crumble bacon.
- Fry chicken, in batches, in hot oil 8 to 9 minutes on each side or until done (a meat thermometer inserted into thickest portion of breast should register 170).
- Drain on a wire rack over paper towels.
- Sprinkle with remaining 1 tsp. salt.
- Serve chicken sprinkled with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:36.78, Inflammation Score:-8, Nutrition Score:28.511739419854%

Nutrients (% of daily need)

Calories: 911.46kcal (45.57%), Fat: 55.57g (85.49%), Saturated Fat: 16.63g (103.94%), Carbohydrates: 57.98g (19.33%), Net Carbohydrates: 55.55g (20.2%), Sugar: 9g (9.99%), Cholesterol: 149.06mg (49.69%), Sodium: 1578.38mg (68.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.86g (85.72%), Selenium: 52.01µg (74.3%), Vitamin B3: 14.73mg (73.65%), Phosphorus: 503.64mg (50.36%), Vitamin B1: 0.75mg (49.84%), Vitamin B2: 0.78mg (45.99%), Vitamin B6: 0.71mg (35.74%), Folate: 132.06µg (33.01%), Vitamin K: 30.63µg (29.17%), Manganese: 0.56mg (27.9%), Iron: 4.76mg (26.47%), Vitamin A: 1288.6IU (25.77%), Calcium: 256.34mg (25.63%), Zinc: 3.7mg (24.68%), Vitamin B5: 2.47mg (24.67%), Vitamin B12: 1.38µg (23.07%), Potassium: 723.5mg (20.67%), Magnesium: 71.31mg (17.83%), Vitamin E: 2.36mg (15.76%), Copper: 0.2mg (10.1%), Fiber: 2.42g (9.7%), Vitamin D: 1.21µg (8.06%), Vitamin C: 2.81mg (3.4%)