



Fried Chicken Salad with Buttermilk-Chive Dressing

 Very Healthy

READY IN



140 min.

SERVINGS



4

CALORIES



1469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 0.7 cup buttermilk
- 4 cups buttermilk
- 4 cups canola oil for frying
- 1 cup cherry tomatoes cut in half
- 1 cup black beans cooked
- 1 cup corn kernels cooked

- 1 cup cucumbers diced peeled seeded
- 0.3 teaspoon optional: dill dried
- 1 teaspoon marjoram dried
- 1 teaspoon thyme leaves dried
- 2 cups flour all-purpose
- 3 tablespoons chives fresh finely sliced
- 3 cloves garlic
- 2 teaspoons sea salt
- 1 tablespoon hot sauce
- 1 head iceberg lettuce rinsed chopped
- 0.5 teaspoon kosher salt
- 4 servings kosher salt and freshly cracked pepper black
- 0.3 cup mayonnaise
- 2 cups panko breadcrumbs
- 1 tablespoon parsley fresh italian finely chopped
- 1 small bunch radishes red rinsed finely sliced
- 0.5 teaspoon salt
- 2 pounds chicken thighs boneless skinless
- 0.3 cup cup heavy whipping cream sour
- 2 teaspoons vinegar white

Equipment

- frying pan
- baking sheet
- knife
- whisk
- mixing bowl
- wire rack
- immersion blender

- cutting board

Directions

- Watch how to make this recipe.
- For the fried chicken: Using a mallet, lightly pound the thighs to flatten.
- Combine the hot sauce and 2 cups of the buttermilk in a large re-sealable gallon bag. Slice the chicken into 1-inch thick slices and add to the bag. Marinate for 40 minutes in the fridge.
- In a large, deep cast-iron or heavy skillet, bring the oil to 350 degrees F.
- Remove the chicken strips from the marinade and lightly pat away excess.
- Place the panko breadcrumbs into a large mixing bowl and season with the granulated garlic, marjoram, thyme, salt and pepper.
- Put the flour and remaining 2 cups buttermilk into separate, medium mixing bowls. Season each with salt and pepper. Dredge one piece of chicken at a time by first placing into flour and patting off the excess. Then place the floured slices into the buttermilk. Finally, transfer to the seasoned panko crumbs. Dust with panko crumbs, pressing gently to ensure the coating sticks. Set onto a wire rack fitted over a baking sheet and repeat until all the thighs are dredged.
- Place the thighs into the oil in batches and fry until golden brown, 8 to 10 minutes. Do not overcrowd the oil. Once browned and the internal temperature reads 165 degrees F, remove from the oil and set on a towel-lined dish to drain. Season with kosher salt.
- For the salad: In a large glass mixing bowl, toss the lettuce with the beans, corn, cucumbers, tomatoes and shaved radish.
- Add in 1 cup Buttermilk-Chive Dressing and toss to coat.
- Serve the chicken on top of the salad.
- Drizzle with a little extra dressing.
- On a flat cutting board, smash the garlic cloves with the flat side of a knife.
- Add the salt to make a paste, pressing downward and scraping with blade of knife. Reserve the paste.
- In a medium glass mixing bowl, combine the buttermilk, mayonnaise, sour cream, white vinegar, chives, parsley, dill and garlic paste. Blend well with a whisk or immersion blender. Season with salt and pepper. Cover and refrigerate until ready to serve, at least 1 hour.

Nutrition Facts

PROTEIN 19.27% FAT 51.08% CARBS 29.65%

Properties

Glycemic Index:122.5, Glycemic Load:41.99, Inflammation Score:-10, Nutrition Score:58.048260730246%

Flavonoids

Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg Apigenin: 2.33mg, Apigenin: 2.33mg, Apigenin: 2.33mg, Apigenin: 2.33mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 1469.04kcal (73.45%), Fat: 83.47g (128.41%), Saturated Fat: 15.27g (95.45%), Carbohydrates: 109.01g (36.34%), Net Carbohydrates: 98.58g (35.85%), Sugar: 22.54g (25.05%), Cholesterol: 262.58mg (87.53%), Sodium: 1810.69mg (78.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.86g (141.72%), Selenium: 93.27µg (133.24%), Vitamin K: 134.82µg (128.4%), Vitamin B3: 19.73mg (98.66%), Phosphorus: 933.58mg (93.36%), Vitamin B1: 1.34mg (89.25%), Vitamin B2: 1.47mg (86.49%), Folate: 307.97µg (76.99%), Vitamin B6: 1.4mg (70.2%), Manganese: 1.38mg (69.25%), Vitamin E: 9.72mg (64.82%), Iron: 8.88mg (49.36%), Calcium: 489.82mg (48.98%), Vitamin B5: 4.87mg (48.72%), Vitamin B12: 2.9µg (48.28%), Potassium: 1688.48mg (48.24%), Zinc: 6.54mg (43.62%), Magnesium: 167.04mg (41.76%), Fiber: 10.43g (41.71%), Vitamin A: 1728.12IU (34.56%), Copper: 0.6mg (29.77%), Vitamin C: 21.92mg (26.57%), Vitamin D: 3.68µg (24.52%)