



Fried Chicken Sandwich with Slaw and Spicy Mayo

READY IN



45 min.

SERVINGS



4

CALORIES



864 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer)
- ☐ 1 cup buttermilk
- ☐ 4 cups cabbage thinly sliced
- ☐ 2 cups flour all-purpose
- ☐ 1 garlic clove finely grated
- ☐ 1 tablespoon pepper black
- ☐ 1 jalapeno thinly sliced
- ☐ 0.5 teaspoon kosher salt plus more

- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon hot sauce hot louisiana-style
- ☐ 0.5 small onion red thinly sliced
- ☐ 4 sandwich rolls white
- ☐ 16 ounces chicken breast boneless skinless halved
- ☐ 2 tablespoons butter unsalted room temperature
- ☐ 4 servings vegetable oil for frying

Equipment

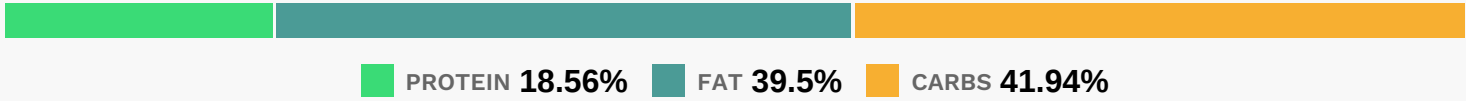
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ wire rack
- ☐ kitchen thermometer

Directions

- ☐ Mix garlic, mayonnaise, and hot pepper sauce in a small bowl; cover and chill. Toss onion, jalapeño, cabbage, pickles, and pickle juice in a large bowl to combine; cover and chill.
- ☐ Whisk flour, pepper, and 1/2 teaspoon salt in a shallow bowl.
- ☐ Pour buttermilk into another shallow bowl. Working with 1 piece at a time, dredge chicken in flour mixture, shaking off excess. Dip in buttermilk, allowing excess to drip back into bowl. Dredge again in flour mixture, shaking off excess.
- ☐ Pour oil into a large heavy skillet to a depth of 1/2". Prop deepfry thermometer in oil so bulb is submerged.
- ☐ Heat over medium heat until thermometer registers 350°F.
- ☐ Fry chicken until golden brown and cooked through, about 3 minutes per side.
- ☐ Transfer to a wire rack set inside a baking sheet; season with salt.
- ☐ Spread cut sides of rolls with butter.

- ☐
- Heat another large skillet over medium heat. Working in batches, cook rolls buttered side down until browned and crisp, about 1 minute.
- ☐
- Spread with spicy mayo. Build sandwiches with rolls, chicken, and cabbage slaw.

Nutrition Facts



Properties

Glycemic Index:80.25, Glycemic Load:37.09, Inflammation Score:-8, Nutrition Score:37.01217417095%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 864.01kcal (43.2%), Fat: 37.57g (57.8%), Saturated Fat: 9.58g (59.88%), Carbohydrates: 89.77g (29.92%), Net Carbohydrates: 84.29g (30.65%), Sugar: 7.29g (8.11%), Cholesterol: 105.98mg (35.33%), Sodium: 1518.31mg (66.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.73g (79.45%), Selenium: 83.17µg (118.81%), Vitamin K: 108.66µg (103.49%), Vitamin B3: 18.25mg (91.23%), Vitamin B1: 0.92mg (61.45%), Folate: 211.8µg (52.95%), Vitamin B6: 1.06mg (52.88%), Manganese: 1.05mg (52.47%), Vitamin B2: 0.76mg (45%), Phosphorus: 448.17mg (44.82%), Vitamin C: 34.81mg (42.2%), Iron: 5.81mg (32.28%), Vitamin B5: 2.61mg (26.13%), Potassium: 811.73mg (23.19%), Fiber: 5.49g (21.94%), Magnesium: 78.27mg (19.57%), Calcium: 182.14mg (18.21%), Vitamin E: 2.1mg (13.98%), Zinc: 2.09mg (13.95%), Copper: 0.28mg (13.93%), Vitamin B12: 0.55µg (9.14%), Vitamin A: 446.29IU (8.93%), Vitamin D: 1.05µg (7.03%)