



Fried Chicken Sandwiches with Spicy Slaw

READY IN



45 min.

SERVINGS



6

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup buttermilk
- 2 cups and/or cabbage shredded green red finely
- 1 medium carrots shredded
- 1 teaspoon cayenne
- 1 large eggs
- 1 cup flour all-purpose
- 0.3 cup cilantro leaves fresh coarsely chopped
- 0.3 cup mint leaves fresh coarsely chopped
- 2.5 teaspoons kosher salt

- 1.5 tablespoons juice of lime fresh
- 6 long split soft
- 6 servings mayonnaise
- 1.5 tablespoons olive oil
- 0.5 teaspoon serrano chile minced
- 6 servings vegetable oil for frying
- 0.3 cup cornmeal yellow
- 1.5 pounds boned dried rinsed

Equipment

- bowl
- frying pan
- paper towels
- whisk

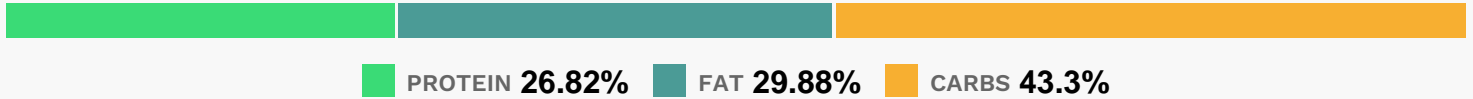
Directions

- In a bowl, combine cabbage, carrot, mint, cilantro, and chile. Stir in lime juice and olive oil and season to taste with salt.
- In a pie plate mix flour, cornmeal, 1 1/2 tsp. salt, and cayenne. In a medium bowl, whisk buttermilk and egg to combine. Dredge chicken in flour mixture, dip into buttermilk mixture, then return to flour mixture, turning to coat all sides.
- Pour 1 in. of oil into a 5- or 6-qt. pan over medium-high heat. When oil reaches 350, add chicken in a single layer (in batches if necessary), and cook until well browned all over and no longer pink in the center (cut to test), about 6 minutes per batch. As chicken is done, transfer to paper towels and sprinkle lightly with salt.
- Spread sandwich rolls with mayonnaise. Divide chicken among rolls and top generously with slaw.
- Wine note: Typically full of honeyed tangerine, peach, and honeysuckle, Viognier--the great white grown in France's Rhne Valley--is rich but, at its best, crisp and minerally too. It pairs well with creamy sauces and aromatic spices. Leaner versions stand up to spicy Thai and Vietnamese flavors; richer ones are good matches for nuts, cheese, mild Indian curries, and sweet shellfish.

Alban Viognier 2005 (Central Coast; \$23). An orchard full of peach–blossom aromas followed by orange–honey flavors wrap around the chicken sandwiches.

Clos LaChance Estate Viognier 2005 (Central Coast; \$20). A peachy, citrusy minerality--call it wet stones--picks up on the mint and cilantro in the slaw on the sandwiches.

Nutrition Facts



Properties

Glycemic Index:63.22, Glycemic Load:16.66, Inflammation Score:-9, Nutrition Score:28.438260845516%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 539.16kcal (26.96%), Fat: 17.65g (27.15%), Saturated Fat: 3.54g (22.12%), Carbohydrates: 57.56g (19.19%), Net Carbohydrates: 53.71g (19.53%), Sugar: 4.55g (5.05%), Cholesterol: 109.65mg (36.55%), Sodium: 1502.94mg (65.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.65g (71.3%), Selenium: 70.42µg (100.6%), Vitamin B3: 15.97mg (79.83%), Vitamin B6: 1.02mg (50.81%), Vitamin A: 2135.7IU (42.71%), Phosphorus: 401.73mg (40.17%), Vitamin B1: 0.58mg (38.84%), Vitamin K: 36.02µg (34.31%), Vitamin B2: 0.55mg (32.28%), Folate: 121.21µg (30.3%), Manganese: 0.57mg (28.45%), Vitamin B5: 2.37mg (23.72%), Iron: 3.99mg (22.18%), Potassium: 696.35mg (19.9%), Magnesium: 70.51mg (17.63%), Vitamin C: 12.73mg (15.43%), Fiber: 3.85g (15.41%), Calcium: 133.82mg (13.38%), Zinc: 1.98mg (13.22%), Vitamin E: 1.71mg (11.38%), Copper: 0.21mg (10.58%), Vitamin B12: 0.49µg (8.16%), Vitamin D: 0.81µg (5.39%)