



## Fried Chicken Thighs & Biscuits

READY IN



65 min.

SERVINGS



8

CALORIES



1026 kcal

### Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 8 servings biscuits
- ☐ 2 cups bread flour
- ☐ 1 cup butter cut into small cubes
- ☐ 1 cup buttermilk
- ☐ 1.5 cups buttermilk
- ☐ 2.3 lb skinned and boned chicken thighs
- ☐ 8 servings fried chicken thighs
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose

- ☐ 0.1 teaspoon onion powder
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 8 servings pickled tomatoes green chopped
- ☐ 8 servings vegetable oil
- ☐ 8 servings toppings
- ☐ 8 servings toppings

## Equipment

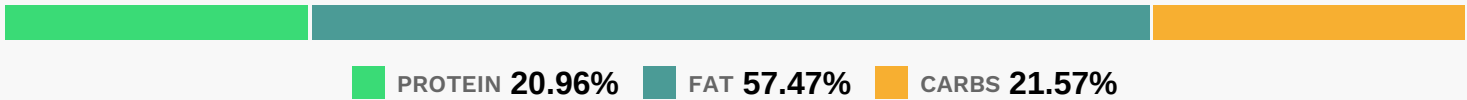
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender

## Directions

- ☐ Sprinkle chicken thighs with salt and next 2 ingredients.
- ☐ Whisk together 1 cup buttermilk and 1 egg in a large bowl; add chicken, tossing to coat.
- ☐ Pour oil to depth of 1 inch into a large cast-iron skillet; heat to 32
- ☐ Place flour in a shallow dish; dredge chicken in flour, shaking off excess. Fry chicken, in 2 batches, 5 to 6 minutes on each side or until golden brown and done.
- ☐ Drain on a wire rack over paper towels, and keep warm.
- ☐ Combine bread flour and next 4 ingredients in a large bowl.

- ☐ Place cubed butter in a zip-top plastic freezer bag. Freeze flour mixture and butter separately 10 minutes or until well chilled.
- ☐ Whisk together 1 1/2 cups buttermilk and 1 egg in a small bowl.
- ☐ Cut chilled butter into flour mixture with a pastry blender or fork until crumbly.
- ☐ Add buttermilk mixture, stirring just until dry ingredients are moistened.
- ☐ Preheat oven to 45
- ☐ Turn dough out onto a lightly floured surface, and knead lightly 3 to 4 times. Pat or roll dough to 1-inch thickness; cut into 8 squares, and place on a parchment paper-lined baking sheet.
- ☐ Bake at 450 for 15 to 16 minutes or until golden brown. Split biscuits; fill each with 1 cooked chicken thigh and desired toppings.

## Nutrition Facts



## Properties

Glycemic Index:64.14, Glycemic Load:36.25, Inflammation Score:-7, Nutrition Score:30.317825878444%

## Nutrients (% of daily need)

Calories: 1025.93kcal (51.3%), Fat: 65.11g (100.17%), Saturated Fat: 24.87g (155.41%), Carbohydrates: 54.98g (18.33%), Net Carbohydrates: 53.32g (19.39%), Sugar: 6.95g (7.73%), Cholesterol: 324.45mg (108.15%), Sodium: 1090.19mg (47.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.42g (106.84%), Selenium: 78.17µg (111.67%), Vitamin B3: 14.65mg (73.27%), Phosphorus: 634.71mg (63.47%), Vitamin B6: 1.02mg (51.05%), Vitamin B2: 0.72mg (42.32%), Vitamin B1: 0.51mg (34.2%), Vitamin B5: 3.37mg (33.75%), Vitamin B12: 1.99µg (33.17%), Vitamin K: 34.58µg (32.94%), Calcium: 304.24mg (30.42%), Zinc: 4.24mg (28.24%), Manganese: 0.53mg (26.32%), Iron: 4.04mg (22.42%), Folate: 84.36µg (21.09%), Potassium: 732.54mg (20.93%), Vitamin A: 993.1IU (19.86%), Magnesium: 75.65mg (18.91%), Vitamin E: 2.55mg (17%), Copper: 0.26mg (12.93%), Vitamin D: 1.21µg (8.09%), Fiber: 1.66g (6.64%)