



HEALTH SCORE

69%

Fried Chicken with Ancho Honey



Very Healthy

READY IN



340 min.

SERVINGS



4

CALORIES



1967 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons ancho chili powder
- ☐ 2 teaspoons chili de arbol powder
- ☐ 4 servings pepper black freshly ground
- ☐ 1 quart buttermilk
- ☐ 2 teaspoons cayenne pepper
- ☐ 6 pounds chickens
- ☐ 3 cups flour all-purpose
- ☐ 1 tablespoon garlic powder

- ☐ 1 cup honey
- ☐ 4 servings kosher salt
- ☐ 1 tablespoon onion powder
- ☐ 4 servings vegetable oil; peanut oil preferred for deep-frying
- ☐ 4 servings salt
- ☐ 1 tablespoon paprika sweet

Equipment

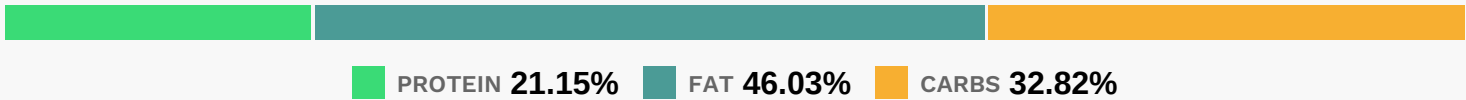
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Whisk together 1 quart of the buttermilk, 2 tablespoons salt, and the chili de arbol in a large bowl or large baking dish.
- ☐ Add the chicken, turn to coat, cover and refrigerate for at least 4 hours or overnight.
- ☐ Place the remaining 2 cups of buttermilk in a bowl. Stir together the flour, garlic and onion powders, paprika and cayenne in a large bowl and divide among 2 shallow platters and season generously with salt and pepper.
- ☐ Drain the chicken in a colander and pat it dry. Dredge the pieces a few at a time in the flour mixture and pat off excess, then dip in the buttermilk and allow excess to drain off. Dredge in the second plate of flour and pat off the excess.
- ☐ Put the chicken pieces on a baking rack set over a baking sheet while the oil heats.

- ☐ Pour about 3 inches of oil into a deep cast iron skillet; the oil should not come more than halfway up the sides of the pot.
- ☐ Put the pot over medium-high heat and heat the oil to 375 degrees F on a deep-fry thermometer. Working in batches, add the chicken pieces to the hot oil, 3 or 4 at a time and fry, turning the pieces occasionally, until evenly golden brown and cooked through, about 20 minutes.
- ☐ Remove from the oil with a slotted spoon and transfer to a rack to drain; repeat to cook the remaining pieces.
- ☐ Serve hot, drizzled with the ancho honey.
- ☐ Whisk all ingredients together in a bowl. Season with salt, to taste.

Nutrition Facts



Properties

Glycemic Index:60.57, Glycemic Load:91.97, Inflammation Score:-10, Nutrition Score:59.2252176948222%

Nutrients (% of daily need)

Calories: 1967.49kcal (98.37%), Fat: 100.69g (154.9%), Saturated Fat: 29.11g (181.93%), Carbohydrates: 161.49g (53.83%), Net Carbohydrates: 155.34g (56.49%), Sugar: 83.13g (92.36%), Cholesterol: 453.17mg (151.06%), Sodium: 1055.8mg (45.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 104.11g (208.21%), Vitamin B3: 38.74mg (193.68%), Vitamin A: 7694.79IU (153.9%), Selenium: 100.66µg (143.8%), Phosphorus: 1163.68mg (116.37%), Vitamin B2: 1.85mg (109.06%), Vitamin B12: 6.01µg (100.09%), Vitamin B6: 1.95mg (97.39%), Folate: 320.6µg (80.15%), Vitamin B1: 1.18mg (78.54%), Iron: 13.07mg (72.6%), Vitamin B5: 6.56mg (65.61%), Zinc: 8.53mg (56.88%), Manganese: 1.04mg (52.14%), Potassium: 1663.91mg (47.54%), Magnesium: 156.81mg (39.2%), Calcium: 369.67mg (36.97%), Vitamin E: 4.85mg (32.33%), Copper: 0.61mg (30.36%), Fiber: 6.15g (24.62%), Vitamin D: 3.08µg (20.5%), Vitamin C: 14.36mg (17.41%), Vitamin K: 10.44µg (9.94%)