



## Fried Chicken with Bacon and Pepper Cream Gravy

READY IN



300 min.

SERVINGS



4

CALORIES



1145 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 pound bacon
- ☐ 3 cups buttermilk well-shaken
- ☐ 0.1 teaspoon cayenne
- ☐ 4 teaspoons flour all-purpose
- ☐ 2 teaspoons hot sauce such as tabasco
- ☐ 1 large onion thinly sliced
- ☐ 2 teaspoons paprika
- ☐ 3 cups vegetable oil

- ☐ 3.5 pounds meat from a rotisserie chicken whole cut into 8 pieces
- ☐ 2 cups milk whole

## Equipment

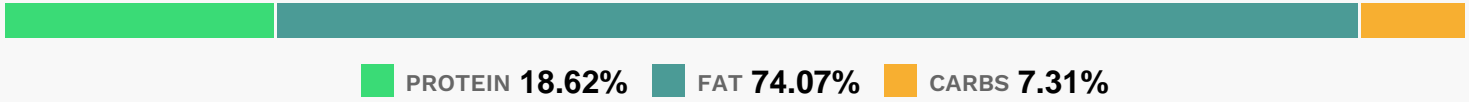
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ baking pan
- ☐ ziploc bags
- ☐ wax paper
- ☐ spatula
- ☐ tongs
- ☐ colander

## Directions

- ☐ Toss chicken with buttermilk, onion, Tabasco, and 2 teaspoons salt. Marinate chicken, covered and chilled, at least 12 hours.
- ☐ Put flour, paprika, cayenne, 1 1/2 teaspoons salt, and 1 teaspoon black pepper in a paper or plastic bag and shake to combine well.
- ☐ Drain chicken well in a colander, discarding marinade and onions, then shake chicken in bag, 1 piece at a time, to coat well. Knock off excess flour and transfer to a sheet of wax paper.
- ☐ Let chicken air-dry 30 minutes.
- ☐ Preheat oven to 250°F with rack in middle. Set a cooling rack in a large shallow baking pan.
- ☐ Meanwhile, cook bacon in 2 batches in a 12-inch heavy skillet over medium heat until browned and crisp.
- ☐ Transfer to rack in baking pan and keep warm in oven.

- ☐ Scrape up brown bits from bottom of skillet with a spatula and strain bacon fat through a fine-mesh sieve into a bowl, reserving bits in sieve. Wipe skillet clean and add strained bacon fat.
- ☐ Add enough oil to measure 1/2 inch fat in skillet and heat to 350°F over medium-high heat.
- ☐ Fry chicken 4 pieces at a time (keep each batch all white meat or all dark meat), skin sides down first, turning occasionally with tongs, until golden-brown and cooked through, 8 to 12 minutes for breasts and wings; 10 to 12 minutes for drumsticks and thighs.
- ☐ Transfer chicken to rack with bacon and keep warm in oven. Return fat to 350°F between batches and reserve after frying.
- ☐ Strain frying fat through sieve into a bowl, then return 1 tablespoon fat and all brown bits in sieve to skillet. (Discard remaining frying fat once cool.)
- ☐ Whisk in flour and cook roux over medium heat, whisking, 1 minute.
- ☐ Whisk in milk, 1 teaspoon salt, and 3/4 teaspoon pepper and bring to a boil, whisking, then simmer, whisking, until thick, 3 to 5 minutes.
- ☐ Serve chicken with gravy and bacon.
- ☐ Haggipavlu Nemea '04
- ☐ Chicken can be marinated up to 24 hours

## Nutrition Facts



## Properties

Glycemic Index:54.5, Glycemic Load:6.8, Inflammation Score:-8, Nutrition Score:31.584782185762%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

## Nutrients (% of daily need)

Calories: 1145.42kcal (57.27%), Fat: 93.96g (144.55%), Saturated Fat: 26.47g (165.43%), Carbohydrates: 20.85g (6.95%), Net Carbohydrates: 19.78g (7.19%), Sugar: 16.38g (18.2%), Cholesterol: 214.74mg (71.58%), Sodium: 799.16mg (34.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.15g (106.3%), Vitamin B3: 15.8mg (79%), Selenium: 48.74µg (69.63%), Phosphorus: 654.49mg (65.45%), Vitamin K: 64.96µg (61.86%), Vitamin B6: 1.03mg

(51.44%), Vitamin B2: 0.79mg (46.3%), Vitamin B12: 2.36µg (39.35%), Calcium: 392.32mg (39.23%), Vitamin B5: 3.27mg (32.7%), Vitamin B1: 0.46mg (30.73%), Zinc: 4.47mg (29.82%), Vitamin D: 4.29µg (28.6%), Potassium: 982.15mg (28.06%), Vitamin E: 4mg (26.65%), Vitamin A: 1304.87IU (26.1%), Magnesium: 83.71mg (20.93%), Iron: 2.4mg (13.36%), Copper: 0.19mg (9.35%), Vitamin C: 7.38mg (8.94%), Folate: 31.89µg (7.97%), Manganese: 0.13mg (6.73%), Fiber: 1.06g (4.25%)