



Fried Chicken with Creamy Gravy

 Popular

READY IN



55 min.

SERVINGS



8

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chicken broth
- ☐ 1 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons garlic salt
- ☐ 1 teaspoon ground pepper black
- ☐ 1 cup milk
- ☐ 1 teaspoon paprika
- ☐ 0.3 teaspoon poultry seasoning

- ☐ 3 cups vegetable oil
- ☐ 4 pound meat from a rotisserie chicken whole cut into pieces

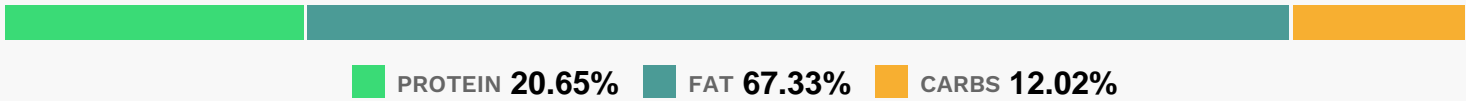
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ In a medium bowl, beat together 1/2 cup milk and egg. In a resealable plastic bag, mix together the flour, garlic salt, paprika, pepper and poultry seasoning.
- ☐ Place chicken in bag, seal, and shake to coat. Dip chicken in milk and egg mixture, then once more in flour mixture. Reserve any remaining flour mixture.
- ☐ In a large skillet, heat oil to 365 degrees F (185 degrees C).
- ☐ Place coated chicken in the hot oil, and brown on all sides. Reduce heat to medium-low, and continue cooking chicken until tender, about 30 minutes.
- ☐ Remove chicken from skillet, and drain on paper towels.
- ☐ Discard all but 2 tablespoons of the frying oil. Over low heat, stir in 2 tablespoons of the reserved flour mixture. Stirring constantly, cook about 2 minutes.
- ☐ Whisk in chicken stock, scraping browned bits off bottom of skillet. Stir in 1 cup milk, and bring all to a boil over high heat, stirring constantly. Reduce heat to low, and simmer for about 5 minutes.
- ☐ Serve immediately with the chicken.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:9.21, Inflammation Score:-5, Nutrition Score:13.041304204775%

Nutrients (% of daily need)

Calories: 464.91kcal (23.25%), Fat: 34.5g (53.08%), Saturated Fat: 7.96g (49.77%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 13.27g (4.83%), Sugar: 1.69g (1.87%), Cholesterol: 106.35mg (35.45%), Sodium: 786.5mg (34.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.81g (47.62%), Vitamin B3: 8.46mg (42.28%), Selenium: 23.39µg (33.42%), Vitamin K: 32.97µg (31.4%), Phosphorus: 221.06mg (22.11%), Vitamin B6: 0.42mg (21.14%), Vitamin B2: 0.3mg (17.41%), Vitamin B1: 0.21mg (14.31%), Vitamin B5: 1.27mg (12.7%), Vitamin E: 1.83mg (12.23%), Zinc: 1.77mg (11.8%), Iron: 1.93mg (10.72%), Folate: 37.96µg (9.49%), Vitamin B12: 0.56µg (9.28%), Manganese: 0.19mg (9.26%), Potassium: 290.67mg (8.3%), Magnesium: 30.85mg (7.71%), Vitamin A: 358.25IU (7.17%), Calcium: 58.75mg (5.88%), Copper: 0.09mg (4.48%), Vitamin D: 0.66µg (4.42%), Fiber: 0.58g (2.32%), Vitamin C: 1.75mg (2.12%)