



## Fried Gator

READY IN



15 min.

SERVINGS



4

CALORIES



843 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 pound alligator meat cut into chunks (can substitute chicken or pork)
- 1 cup buttermilk
- 4 servings flour for dredging
- 1 cup hot sauce
- 1 bottle ranch dressing store bought for dipping
- 4 servings salt and pepper black freshly ground

## Equipment

- paper towels

deep fryer

## Directions

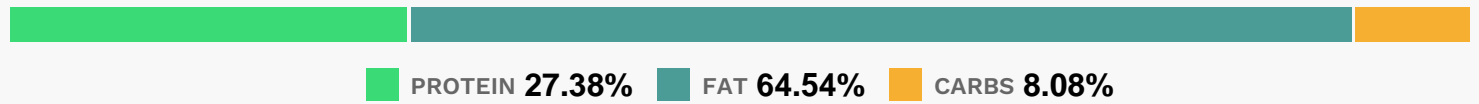
Heat a deep-fryer to 350 degrees F.

Lightly season gator meat with salt and pepper prior to dredging them in flour.

Combine buttermilk and hot sauce into 1 mixture. Dip the gator meat into the buttermilk and hot sauce mixture and dip, once again, in flour. Then place in deep fryer until golden brown, just a couple minutes.

Drain on paper towels and serve with ranch dressing.

## Nutrition Facts



## Properties

Glycemic Index:34.5, Glycemic Load:5.06, Inflammation Score:-4, Nutrition Score:14.456086951753%

## Nutrients (% of daily need)

Calories: 842.91kcal (42.15%), Fat: 59.44g (91.45%), Saturated Fat: 9.41g (58.84%), Carbohydrates: 16.74g (5.58%), Net Carbohydrates: 16.33g (5.94%), Sugar: 9.25g (10.28%), Cholesterol: 37.35mg (12.45%), Sodium: 2714.4mg (118.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.74g (113.48%), Vitamin K: 160.26µg (152.63%), Vitamin C: 44.88mg (54.4%), Phosphorus: 285.8mg (28.58%), Vitamin E: 2.74mg (18.3%), Vitamin B2: 0.29mg (17.21%), Vitamin B5: 1.27mg (12.72%), Selenium: 8.91µg (12.72%), Calcium: 108.48mg (10.85%), Vitamin B1: 0.13mg (8.43%), Vitamin B12: 0.48µg (7.95%), Vitamin B6: 0.15mg (7.74%), Manganese: 0.15mg (7.27%), Potassium: 252.43mg (7.21%), Folate: 25.07µg (6.27%), Vitamin D: 0.9µg (5.99%), Iron: 1.02mg (5.66%), Vitamin A: 241.68IU (4.83%), Magnesium: 16.73mg (4.18%), Zinc: 0.55mg (3.66%), Vitamin B3: 0.71mg (3.57%), Copper: 0.07mg (3.32%), Fiber: 0.41g (1.63%)