



Garlicky Fried Chicken

 Dairy Free

READY IN



840 min.

SERVINGS



12

CALORIES



1873 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 large garlic clove chopped
- 10 cups flour all-purpose
- 8 chicken breast halves with skin and bones; 8 to 9 lb total)
- 0.3 cup salt
- 1 tablespoon ground pepper
- 8 cups water
- 2 medium onion chopped
- 2 tablespoons pepper black

- 64 fl. oz. vegetable oil
- 10 inches frangelico

Equipment

- food processor
- bowl
- baking sheet
- paper towels
- oven
- whisk
- wire rack
- pot
- roasting pan
- kitchen thermometer
- ziploc bags
- tongs
- colander

Directions

- Purée onions and garlic with 1/3 cup salt, 1 tablespoon black pepper, cayenne, and 1 cup water in a food processor until smooth, then pour into a large bowl and stir in remaining 7 cups water. Divide chicken and marinade among 3 (1-gallon) sealable plastic bags, then seal, forcing out excess air. Marinate chicken, chilled, turning bags over a few times, at least 12 hours. (If you're concerned about leaks, put bags in a large bowl.)
- Whisk together flour, remaining 2 teaspoons salt, and remaining tablespoon black pepper in a large bowl, then divide between 2 large roasting pans.
- Drain chicken in a colander, discarding marinade, then dredge each piece of chicken in seasoned flour and leave sitting in flour.
- Let chicken stand 20 minutes.

- Preheat oven to 250°F. Line 2 large baking sheets with paper towels and set a cooling rack on each.
- Heat 2 inches oil in pot over moderately high heat until it registers 365°F on thermometer. Knocking off excess flour, transfer 4 pieces chicken to oil (keeping batches all white meat or all dark) and fry, turning occasionally with tongs, until golden brown and cooked through, about 8 minutes for breasts or 10 to 12 minutes for drumsticks and thighs. Lift chicken from oil with tongs, letting excess oil drip back into pot, then transfer to a rack and keep warm in oven. Dredge and fry remaining chicken in same manner, keeping it warm in oven. (Return oil to 365°F between batches.)
- Chicken can marinate up to 1 day.

Nutrition Facts



■ **PROTEIN 5.77%**
■ **FAT 76.69%**
■ **CARBS 17.54%**

Properties

Glycemic Index:16.33, Glycemic Load:58.23, Inflammation Score:-8, Nutrition Score:31.090869333433%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 1873.32kcal (93.67%), Fat: 160.81g (247.4%), Saturated Fat: 24.68g (154.23%), Carbohydrates: 82.74g (27.58%), Net Carbohydrates: 79.21g (28.8%), Sugar: 1.13g (1.25%), Cholesterol: 48.21mg (16.07%), Sodium: 3242.46mg (140.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.24g (54.47%), Vitamin K: 292.56µg (278.63%), Vitamin E: 13.25mg (88.31%), Selenium: 59.89µg (85.56%), Vitamin B3: 14.09mg (70.45%), Vitamin B1: 0.88mg (58.72%), Folate: 197.79µg (49.45%), Manganese: 0.92mg (46.14%), Vitamin B2: 0.6mg (35.45%), Vitamin B6: 0.67mg (33.5%), Iron: 5.37mg (29.85%), Phosphorus: 281.88mg (28.19%), Vitamin B5: 1.58mg (15.78%), Fiber: 3.53g (14.13%), Potassium: 447.31mg (12.78%), Magnesium: 48.84mg (12.21%), Copper: 0.23mg (11.3%), Zinc: 1.27mg (8.44%), Vitamin A: 201.99IU (4.04%), Calcium: 38.95mg (3.9%), Vitamin C: 3.2mg (3.88%), Vitamin B12: 0.15µg (2.51%)