



Grandmother Paul's Fried Chicken

 Dairy Free

READY IN



144 min.

SERVINGS



4

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black
- 2.5 pound meat from a rotisserie chicken cut into pieces
- 4 servings crisco shortening for frying
- 3 eggs
- 4 servings salt and pepper for seasoning chicken
- 2 cups self-rising flour
- 0.3 cup water

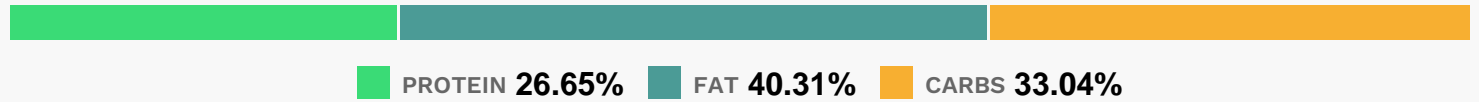
Equipment

- bowl
- frying pan

Directions

- Heat shortening in a cast iron skillet to 350 degrees F.
- Beat eggs with water in a small bowl. In a shallow bowl, season flour with pepper. Dip chicken pieces in egg mixture and then coat well in flour mixture. Carefully add to hot shortening, in batches if necessary, place lid on top of skillet, and fry until brown and crisp. Remember that dark meat requires a longer cooking time (about 13 to 14 minutes, compared to 8 to 10 minutes for white meat.)

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:29.43, Inflammation Score:-4, Nutrition Score:17.119565082633%

Nutrients (% of daily need)

Calories: 568.41kcal (28.42%), Fat: 24.89g (38.29%), Saturated Fat: 7.11g (44.42%), Carbohydrates: 45.89g (15.3%), Net Carbohydrates: 44.26g (16.1%), Sugar: 0.32g (0.35%), Cholesterol: 224.82mg (74.94%), Sodium: 338.25mg (14.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.01g (74.02%), Selenium: 54.56µg (77.95%), Vitamin B3: 9.91mg (49.55%), Phosphorus: 326.79mg (32.68%), Manganese: 0.59mg (29.72%), Vitamin B6: 0.56mg (27.85%), Vitamin B2: 0.35mg (20.74%), Vitamin B5: 2.03mg (20.26%), Zinc: 2.75mg (18.32%), Iron: 2.41mg (13.42%), Magnesium: 47.86mg (11.96%), Vitamin B12: 0.72µg (11.93%), Folate: 44.38µg (11.1%), Copper: 0.21mg (10.64%), Potassium: 371.91mg (10.63%), Vitamin B1: 0.15mg (9.7%), Vitamin A: 372.69IU (7.45%), Vitamin E: 1.02mg (6.81%), Fiber: 1.63g (6.51%), Vitamin D: 0.93µg (6.21%), Calcium: 45.75mg (4.58%), Vitamin K: 3.25µg (3.1%), Vitamin C: 2.18mg (2.64%)