



Granny's Vinegar Chicken

 Dairy Free

READY IN



560 min.

SERVINGS



10

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 chicken thighs
- 1 cup flour all-purpose for coating
- 12 ounce jalapeño peppers with liquid sliced
- 0.3 cup oil for frying
- 0.5 teaspoon salt and pepper to taste
- 2 cups distilled vinegar white

Equipment

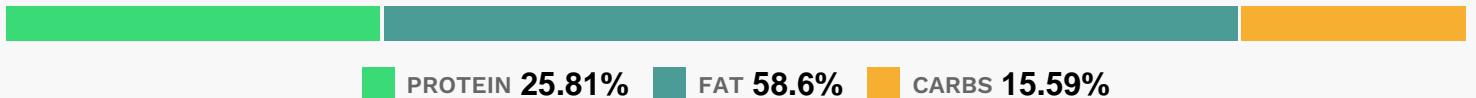
- frying pan

- oven
- baking pan
- aluminum foil

Directions

- Place chicken thighs in a shallow baking dish.
- Pour vinegar over, cover and let marinate overnight.
- Preheat the oven to 400 degrees F (200 degrees C).
- Remove the chicken from the marinade, reserving 1/4 cup of the vinegar. Coat the chicken with flour, and season with salt and pepper to taste.
- Heat oil in a large heavy skillet over medium-high heat.
- Fry chicken in the hot oil until the outside is lightly crisp.
- Remove from heat, and place chicken into a 9x13 inch baking dish lined with aluminum foil.
- Add 1/4 cup of vinegar to the pan, and pour the entire jar of jalapenos over the chicken. Cover the pan with foil.
- Bake for 45 minutes to 1 hour, or until chicken is no longer pink, and the juices run clear.

Nutrition Facts



Properties

Glycemic Index:15.7, Glycemic Load:7.31, Inflammation Score:-5, Nutrition Score:13.515217490818%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 321.92kcal (16.1%), Fat: 20.14g (30.98%), Saturated Fat: 5.19g (32.46%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 10.76g (3.91%), Sugar: 1.46g (1.62%), Cholesterol: 110.74mg (36.91%), Sodium: 205.57mg (8.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.95g (39.9%), Vitamin C: 40.35mg (48.91%), Selenium: 25.76µg (36.8%), Vitamin B3: 6.42mg (32.11%), Vitamin B6: 0.54mg (26.78%), Phosphorus: 202.93mg (20.29%), Vitamin B2: 0.23mg (13.81%), Vitamin B5: 1.31mg (13.1%), Vitamin B1: 0.2mg (13.02%), Vitamin B12: 0.72µg

(12.05%), Vitamin E: 1.66mg (11.06%), Zinc: 1.55mg (10.35%), Potassium: 330.44mg (9.44%), Vitamin A: 454.87IU (9.1%), Vitamin K: 9.5µg (9.05%), Folate: 35.45µg (8.86%), Manganese: 0.16mg (8.23%), Iron: 1.44mg (7.99%), Magnesium: 29.84mg (7.46%), Fiber: 1.29g (5.16%), Copper: 0.09mg (4.72%), Calcium: 18.13mg (1.81%)