



Greek Marinated Fried Chicken - Kotopoulo Tiganito Marinato

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



397 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings bell pepper black
- ☐ 1 frying chicken for frying
- ☐ 6 coriander seeds crushed
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 cup flour all-purpose
- ☐ 1 bay leaf dried fresh crumbled chopped

- ☐ 2 large garlic cloves minced
- ☐ 0.5 cup juice of lemon freshly squeezed
- ☐ 1 small onion thinly sliced
- ☐ 1 sprigs oregano and 1 lemon fresh for garnish cut into wedges,
- ☐ 1 tablespoon oregano dried fresh crushed chopped
- ☐ 4 servings vegetable oil; peanut oil preferred for frying (or a combination)
- ☐ 4 servings salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ ziploc bags

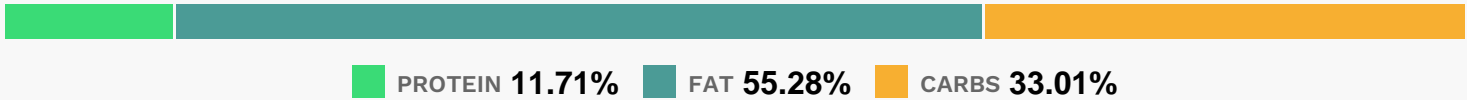
Directions

- ☐ One: Wash the chicken and pat dry.
- ☐ Put them in a large non-reactive glass or stainless steel bowl. In a separate bowl, combine the olive oil, lemon juice, wine, garlic, onion, bay leaf, oregano, juniper berries, coriander seeds, and a few liberal grindings of pepper.
- ☐ Whisk until well-mixed and pour over the chicken, fuming the chicken until it is uniformly coated with the marinade. Cover and refrigerate, marinating for 2 hours or overnight.
- ☐ Drain the chicken, pat dry, and sprinkle liberally with salt.
- ☐ Spread the flour on a plate or place it in a paper or large Zip-lock plastic bag. Fill a large cast-iron skillet with enough olive or peanut oil (or combination of both) to come halfway up the sides, about 1 inch deep. Over medium-high heat, bring the oil to 375°F (hot but not smoking).
- ☐ Three: Beginning with the dark meat roll the chicken in the flour or drop it a few pieces at a time into the bag of flour, close the top, and shake until it is coated. Shake off the excess flour

and slip the chicken into the hot fat

- ☐ Four: Fry until the bottom is sealed and beginning to color, about 4 minutes. Turn, and brown the second side. Reduce the heat to medium (325°F) and fry, turning once, until the chicken is cooked through and golden, about 15 minutes more.
- ☐ Lift the chicken from the fat and drain well on a wire rack.
- ☐ Transfer to a platter and garnish with the sprigs of herb and lemon wedges and serve at once.
- ☐ The Greeks also half-fry and bake this chicken, which is a good way to prepare it when you have company or are preparing another dish that will require all of your attention. Position a rack in the center of the oven and preheat the oven to 350°F. Fry the chicken in step 4 until it is lightly browned on both sides, about 3 minutes per side.
- ☐ Transfer it to a baking sheet and bake it in the center of the oven until the chicken is cooked through, about 45 to 50 minutes.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:17.89, Inflammation Score:-8, Nutrition Score:10.670000040013%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.53mg, Hesperetin: 4.53mg, Hesperetin: 4.53mg, Hesperetin: 4.53mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg 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: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 397.35kcal (19.87%), Fat: 23.33g (35.9%), Saturated Fat: 4.07g (25.45%), Carbohydrates: 31.35g (10.45%), Net Carbohydrates: 29.21g (10.62%), Sugar: 1.92g (2.13%), Cholesterol: 28.57mg (9.52%), Sodium: 224.78mg

(9.77%), Alcohol: 3.09g (100%), Alcohol %: 1.17% (100%), Protein: 11.12g (22.24%), Selenium: 16.86µg (24.09%), Vitamin B3: 4.58mg (22.92%), Vitamin B1: 0.29mg (19.51%), Manganese: 0.38mg (18.78%), Vitamin E: 2.66mg (17.73%), Folate: 70.49µg (17.62%), Vitamin C: 14.51mg (17.59%), Iron: 2.49mg (13.82%), Vitamin B2: 0.22mg (13.11%), Vitamin K: 12.3µg (11.71%), Phosphorus: 112.01mg (11.2%), Vitamin B6: 0.22mg (11.08%), Fiber: 2.14g (8.55%), Magnesium: 27.95mg (6.99%), Potassium: 216.65mg (6.19%), Zinc: 0.9mg (6.02%), Vitamin B5: 0.57mg (5.73%), Copper: 0.1mg (5%), Calcium: 39.67mg (3.97%), Vitamin B12: 0.12µg (1.97%), Vitamin A: 66.24IU (1.32%)