



Gussie's Fried Chicken with Pecan-Honey Glaze

READY IN



30 min.

SERVINGS



4

CALORIES



1584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup butter 2 sticks
- ☐ 3.5 pounds chicken parts your favorite
- ☐ 2 large eggs
- ☐ 4 servings garlic powder
- ☐ 0.5 cup honey
- ☐ 1 cup pecans coarsely chopped
- ☐ 4 servings brown paper bag
- ☐ 4 servings salt and pepper

- ☐ 2 cups self-rising flour
- ☐ 4 servings vegetable oil

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ tongs

Directions

- ☐ Rinse the chicken and pat it dry. Beat the eggs in a 9 by 13-inch dish.
- ☐ Lay the chicken pieces in the dish, and sprinkle with salt, pepper, and garlic powder. Turn the chicken and season the other side, then slosh the chicken parts around in the egg until well coated.
- ☐ Put enough shortening or oil in a cast iron pan or electric skillet to come just halfway up the sides of the chicken parts.
- ☐ Heat the shortening or oil just until smoking, about 375 degrees F.
- ☐ Put the flour in a paper bag, add the chicken pieces, a few at a time, and shake to coat well.
- ☐ Remove the chicken with tongs and place it in the hot fat. Cover the pan, leaving a crack for steam to escape, lower the heat to 325 degrees F for electric skillet, and cook for 10 minutes. Turn the chicken with tongs, cover again (leaving the lid open just a crack), and cook for 10 minutes longer. Very large pieces may need to be cooked a little longer.
- ☐ Drain the chicken on paper towels and transfer to a platter.
- ☐ To make the glaze, melt the butter in a saucepan over low heat.
- ☐ Whisk in the honey until well blended. Bring to a simmer and add the pecans. Simmer for 10 minutes, stirring occasionally. Ladle the glaze over the hot fried chicken and serve.

Nutrition Facts



 **PROTEIN 16.11%**  **FAT 62.28%**  **CARBS 21.61%**

Properties

Glycemic Index:46.07, Glycemic Load:47.8, Inflammation Score:-8, Nutrition Score:34.314347930576%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg

Nutrients (% of daily need)

Calories: 1584.42kcal (79.22%), Fat: 110.73g (170.35%), Saturated Fat: 43.68g (272.99%), Carbohydrates: 86.43g (28.81%), Net Carbohydrates: 81.96g (29.8%), Sugar: 36.26g (40.29%), Cholesterol: 417.43mg (139.14%), Sodium: 787.9mg (34.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.44g (128.88%), Selenium: 74.01µg (105.73%), Vitamin B3: 19.42mg (97.08%), Manganese: 1.84mg (92.16%), Phosphorus: 610.08mg (61.01%), Vitamin B6: 1.13mg (56.45%), Zinc: 5.86mg (39.05%), Vitamin A: 1947.53IU (38.95%), Vitamin B5: 3.47mg (34.68%), Vitamin B2: 0.55mg (32.39%), Copper: 0.62mg (30.98%), Vitamin B1: 0.42mg (27.86%), Magnesium: 109.87mg (27.47%), Iron: 4.48mg (24.89%), Potassium: 790.3mg (22.58%), Vitamin E: 3.1mg (20.68%), Vitamin B12: 1.16µg (19.26%), Fiber: 4.47g (17.88%), Folate: 58.52µg (14.63%), Vitamin K: 9.78µg (9.32%), Calcium: 90.8mg (9.08%), Vitamin D: 1.04µg (6.93%), Vitamin C: 4.87mg (5.9%)