



Heather's Fried Chicken

READY IN



565 min.

SERVINGS



6

CALORIES



1217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups buttermilk cold
- ☐ 6 skin-on chicken drumsticks
- ☐ 6 chicken thighs
- ☐ 1 eggs beaten
- ☐ 3 cups flour all-purpose
- ☐ 2 tablespoons salt
- ☐ 2 tablespoons chicken seasoning mix (see note)
- ☐ 2 quarts vegetable oil for frying
- ☐ 1 quart water cold to cover

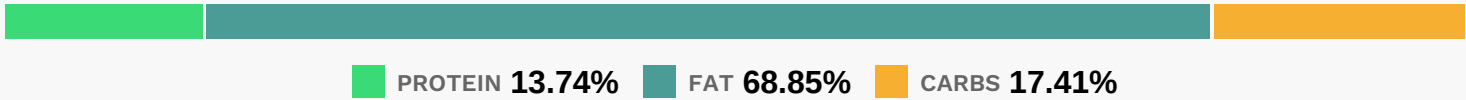
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ wire rack

Directions

- ☐ Place chicken thighs and drumsticks in a large bowl, cover with cold water, and mix in salt. Cover and refrigerate from 8 hours to overnight.
- ☐ Rinse chicken thoroughly.
- ☐ Mix buttermilk, beaten egg, and 1 teaspoon chicken seasoning in a large bowl until thoroughly combined.
- ☐ Place chicken pieces into buttermilk mixture and refrigerate 30 minutes to 1 hour.
- ☐ Heat vegetable oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
- ☐ Place flour and 2 tablespoons chicken seasoning into a shallow bowl and mix until combined.
- ☐ Remove chicken from buttermilk bath, shake off excess buttermilk, and press into flour. Tap off excess flour.
- ☐ Gently place chicken into hot oil, 3 or 4 pieces at a time; fry chicken until golden brown, 12 to 15 minutes per batch.
- ☐ Remove chicken pieces to a cooling rack set over paper towels to remove excess oil before serving.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:35.71, Inflammation Score:-8, Nutrition Score:30.886087207691%

Nutrients (% of daily need)

Calories: 1217.25kcal (60.86%), Fat: 92.95g (143%), Saturated Fat: 18.43g (115.17%), Carbohydrates: 52.89g (17.63%), Net Carbohydrates: 51.05g (18.56%), Sugar: 4.14g (4.6%), Cholesterol: 216.47mg (72.16%), Sodium: 2595.14mg (112.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.74g (83.49%), Vitamin K: 131.48µg (125.22%), Selenium: 62.32µg (89.03%), Vitamin B3: 12.72mg (63.58%), Phosphorus: 456.52mg (45.65%), Vitamin B1: 0.68mg (45.31%), Vitamin B2: 0.76mg (44.59%), Vitamin E: 5.73mg (38.2%), Vitamin B6: 0.73mg (36.27%), Folate: 129.32µg (32.33%), Manganese: 0.56mg (27.99%), Iron: 4.79mg (26.61%), Vitamin B5: 2.62mg (26.21%), Vitamin B12: 1.57µg (26.21%), Zinc: 3.77mg (25.11%), Potassium: 595.08mg (17%), Magnesium: 63.87mg (15.97%), Calcium: 141.54mg (14.15%), Copper: 0.26mg (12.87%), Vitamin D: 1.38µg (9.17%), Fiber: 1.84g (7.35%), Vitamin A: 329.66IU (6.59%)