



Honey Fried Chicken

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 packet chicken soup base
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon garlic powder
- ☐ 0.5 cup honey
- ☐ 8 servings salt and pepper to taste
- ☐ 1 quart vegetable oil for frying
- ☐ 4 pound meat from a rotisserie chicken whole cut into pieces

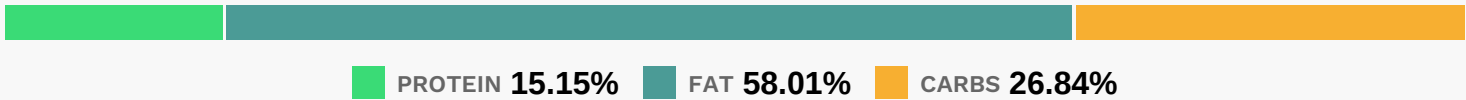
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Season chicken pieces with salt and pepper, then coat each seasoned chicken piece with honey.
- ☐ In a shallow dish or bowl, mix together the garlic powder, chicken bouillon granules and flour. Dredge honey coated chicken pieces in flour mixture, coating completely.
- ☐ Fill a large, heavy skillet with oil to a depth of one inch.
- ☐ Heat over medium-high heat.
- ☐ Fry chicken for at least 5 minutes per side, until no longer pink and juices run clear.

Nutrition Facts



Properties

Glycemic Index:16.53, Glycemic Load:26.39, Inflammation Score:-5, Nutrition Score:14.229130470234%

Nutrients (% of daily need)

Calories: 625kcal (31.25%), Fat: 40.38g (62.13%), Saturated Fat: 8.36g (52.22%), Carbohydrates: 42.06g (14.02%), Net Carbohydrates: 41.08g (14.94%), Sugar: 17.53g (19.47%), Cholesterol: 81.66mg (27.22%), Sodium: 301.91mg (13.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.73g (47.45%), Vitamin B3: 9.29mg (46.43%), Vitamin K: 45.24µg (43.09%), Selenium: 26.71µg (38.16%), Vitamin B1: 0.32mg (21.01%), Vitamin B6: 0.42mg (20.83%), Phosphorus: 198.97mg (19.9%), Vitamin B2: 0.29mg (17.35%), Folate: 64.65µg (16.16%), Vitamin E: 2.29mg (15.25%), Iron: 2.58mg (14.35%), Manganese: 0.26mg (13.06%), Vitamin B5: 1.15mg (11.5%), Zinc: 1.72mg (11.48%), Potassium: 262.56mg (7.5%), Magnesium: 29.92mg (7.48%), Vitamin B12: 0.34µg (5.63%), Copper: 0.11mg (5.52%), Fiber: 0.98g (3.9%), Vitamin A: 152.41IU (3.05%), Vitamin C: 1.86mg (2.26%), Calcium: 19.08mg (1.91%), Vitamin D: 0.22µg (1.45%)