



Hot Bird! Mexican Fried Chicken

READY IN



60 min.

SERVINGS



4

CALORIES



826 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings double-acting baking powder
- 4 servings skin-on chicken breasts bone-in
- 4 servings skin-on chicken drumsticks
- 4 servings strips.
- 4 servings chili powder
- 4 servings apple cider vinegar
- 4 servings cilantro leaves
- 4 servings breadcrumbs fine
- 4 servings cumin

- 4 servings egg whites
- 4 servings flour
- 4 servings garlic powder
- 4 servings granulated onion
- 4 servings lime
- 4 servings crema mexicana
- 4 servings cooking oil for frying , such as soy or canola
- 4 servings salt and pepper
- 4 servings paprika smoked sweet

Equipment

- bowl
- paper towels
- plastic wrap
- dutch oven

Directions

- Mix honey and vinegar in a bowl and add chicken. Toss to coat. Cover with plastic wrap and refrigerate for 4 hours.
- Drain chicken pieces on paper towels and season with salt and pepper.
- Heat 3 inches of oil in a large Dutch oven over medium-high heat. Oil should reach between 350°F and 375°F for frying. Beat egg whites in a shallow dish.
- Combine cornmeal or breadcrumbs with flour, baking powder and spices. Coat the chicken pieces in the egg whites then toss in the flour mixture. Fry in small batches, 12-14 minutes per batch, until deep golden and juices run clear. Season hot chicken with a little extra salt as they come out.
- Serve with lime wedges, honey for drizzling and your favorite assortment of hot sauces. For a fresh accompaniment slice up a tomato, red onion and avocado and serve. More fried chicken recipes on Food Republic: [Union Square Café Fried Chicken](#)
- Fried Yardbird

Nutrition Facts

PROTEIN 35.99% **FAT 54.09%** **CARBS 9.92%**

Properties

Glycemic Index:74, Glycemic Load:4.71, Inflammation Score:-8, Nutrition Score:31.678695896397%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 826.01kcal (41.3%), Fat: 48.96g (75.32%), Saturated Fat: 12.16g (76%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 17.78g (6.47%), Sugar: 1.65g (1.83%), Cholesterol: 304.06mg (101.35%), Sodium: 754.33mg (32.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.29g (146.59%), Vitamin B3: 28.35mg (141.76%), Selenium: 72.51µg (103.58%), Vitamin B6: 1.74mg (87.01%), Phosphorus: 696.63mg (69.66%), Vitamin B5: 3.56mg (35.63%), Vitamin B2: 0.55mg (32.47%), Zinc: 4.83mg (32.18%), Vitamin B1: 0.45mg (29.92%), Vitamin B12: 1.79µg (29.84%), Vitamin A: 1449.02IU (28.98%), Iron: 4.99mg (27.73%), Potassium: 961.45mg (27.47%), Magnesium: 100.5mg (25.13%), Manganese: 0.34mg (16.82%), Vitamin E: 2.5mg (16.66%), Calcium: 165.73mg (16.57%), Copper: 0.27mg (13.68%), Folate: 41.18µg (10.3%), Vitamin K: 10.32µg (9.83%), Fiber: 2.43g (9.7%), Vitamin D: 0.91µg (6.08%), Vitamin C: 2.43mg (2.95%)