



Hot 'n Spicy Fried Chicken

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



1554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.5 pound chicken
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.5 teaspoon onion salt
- ☐ 1 teaspoon pepper
- ☐ 0.5 cup hot sauce red
- ☐ 2 cups vegetable oil
- ☐ 1 cup baking mix original bisquick®

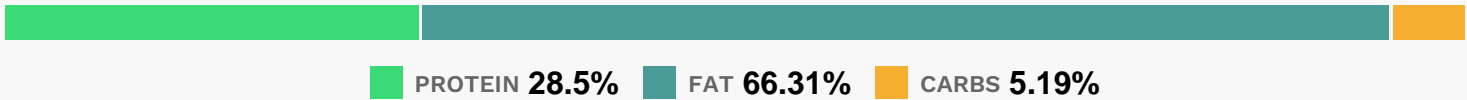
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Stir pepper sauce and garlic salt until blended.
- ☐ Pour over chicken in large bowl; set aside.
- ☐ In medium bowl, stir together Bisquick mix, onion salt and pepper .
- ☐ Remove chicken from sauce; drain. Coat chicken with Bisquick mixture. Discard any remaining Bisquick mixture.
- ☐ In 12-inch skillet, heat oil over medium-high heat until hot. Reduce heat to medium. Cook chicken in oil uncovered about 15 minutes. Turn chicken; cook uncovered about 15 minutes longer or until golden brown on all sides and juice of chicken is clear when thickest pieces are cut to bone (165°F).

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.06, Inflammation Score:-8, Nutrition Score:40.152173778285%

Nutrients (% of daily need)

Calories: 1554.45kcal (77.72%), Fat: 112.62g (173.26%), Saturated Fat: 29.17g (182.31%), Carbohydrates: 19.83g (6.61%), Net Carbohydrates: 18.99g (6.9%), Sugar: 3.88g (4.31%), Cholesterol: 429.24mg (143.08%), Sodium: 2157.24mg (93.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 108.91g (217.82%), Vitamin B3: 40.31mg (201.57%), Selenium: 84.58µg (120.82%), Vitamin B6: 2.07mg (103.58%), Phosphorus: 1019.73mg (101.97%), Vitamin B5: 5.51mg (55.06%), Zinc: 7.71mg (51.38%), Vitamin K: 52.15µg (49.67%), Vitamin B2: 0.84mg (49.55%), Vitamin C: 31.67mg (38.39%), Vitamin B1: 0.53mg (35.12%), Iron: 6.18mg (34.31%), Potassium: 1179.05mg (33.69%), Vitamin B12: 1.89µg (31.48%), Magnesium: 124.18mg (31.04%), Vitamin E: 3.58mg (23.85%), Folate: 73.68µg (18.42%), Vitamin A: 852.67IU (17.05%), Copper: 0.34mg (16.8%), Manganese: 0.29mg (14.53%), Calcium: 121.54mg (12.15%), Vitamin D: 1.14µg (7.62%), Fiber: 0.85g (3.39%)