



Hot Sauce Fried Chicken with Pickled Okra Slaw

READY IN



35 min.

SERVINGS



6

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 24 oz chicken breast
- ☐ 16 oz coleslaw mix shredded
- ☐ 2 large eggs lightly beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup hot sauce
- ☐ 0.5 cup okra sliced
- ☐ 6 servings vegetable oil; peanut oil preferred

- ☐ 0.8 teaspoon pepper divided
- ☐ 4 oz pimientos diced drained
- ☐ 1.5 teaspoons salt divided
- ☐ 30 saltines crushed
- ☐ 0.5 cup cream sour
- ☐ 0.5 teaspoon sugar

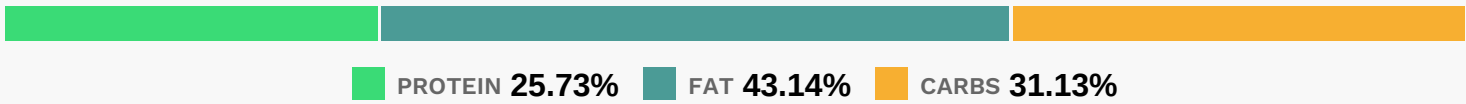
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Sprinkle chicken with 1/2 tsp. salt and 1/2 tsp. pepper.
- ☐ Place 1/2 cup flour in a shallow dish. Stir together cracker crumbs, baking powder, and remaining 3/4 cup flour in a second shallow dish.
- ☐ Whisk together eggs and hot sauce in a third shallow dish. Dredge chicken in flour, dip in egg mixture, and dredge in cracker mixture, pressing to adhere.
- ☐ Pour oil to depth of 1 inch into a 10-inch cast-iron skillet; heat to 36
- ☐ Fry half of chicken 3 to 4 minutes. Turn and fry 2 to 3 minutes or until golden brown and done. Repeat procedure with remaining half of chicken.
- ☐ Stir together sour cream, sugar, and remaining 1 tsp. salt and 1/4 tsp. pepper. Toss together coleslaw mix, pickled okra, diced pimiento, and sour cream mixture.
- ☐ Serve slaw and chicken with additional hot sauce.

Nutrition Facts



Properties

Glycemic Index:65.02, Glycemic Load:16.27, Inflammation Score:-8, Nutrition Score:29.039999920389%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 502.8kcal (25.14%), Fat: 24.01g (36.94%), Saturated Fat: 5.8g (36.27%), Carbohydrates: 38.98g (12.99%), Net Carbohydrates: 35.16g (12.79%), Sugar: 4.65g (5.17%), Cholesterol: 145.88mg (48.63%), Sodium: 1289.38mg (56.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.23g (64.46%), Selenium: 52.83µg (75.47%), Vitamin B3: 14.8mg (74%), Vitamin C: 60.75mg (73.63%), Vitamin K: 67.27µg (64.07%), Vitamin B6: 1.09mg (54.65%), Phosphorus: 367mg (36.7%), Vitamin B1: 0.46mg (30.97%), Folate: 120.95µg (30.24%), Manganese: 0.57mg (28.55%), Vitamin B2: 0.48mg (28.47%), Vitamin B5: 2.32mg (23.22%), Vitamin E: 3.16mg (21.08%), Potassium: 729.82mg (20.85%), Iron: 3.7mg (20.55%), Vitamin A: 902.09IU (18.04%), Fiber: 3.82g (15.27%), Magnesium: 58.92mg (14.73%), Calcium: 101.64mg (10.16%), Zinc: 1.47mg (9.8%), Copper: 0.15mg (7.34%), Vitamin B12: 0.43µg (7.15%), Vitamin D: 0.45µg (2.98%)