



Lemon-Ginger Fried Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



750 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 chicken thighs bone-in
- 2 chicken thighs bone-in
- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 2 chicken breast halves bone-in
- 2 skin-on chicken drumsticks
- 0.3 cup fat-skimmed beef broth fat-free

- 1 cup flour all-purpose
- 2 teaspoons ginger fresh minced peeled
- 1.5 teaspoons garlic minced
- 2 teaspoons ground ginger
- 0.5 teaspoon ground pepper red
- 1 teaspoon kosher salt
- 1 optional: lemon thinly sliced
- 1 cup juice of lemon fresh (4 lemons)
- 1 teaspoon lemon zest grated
- 1 teaspoon paprika
- 0.3 cup vegetable oil; peanut oil preferred

Equipment

- bowl
- frying pan
- oven
- wire rack
- roasting pan
- kitchen thermometer
- ziploc bags

Directions

- Place rind, juice, and next 5 ingredients (through drumsticks) in a large zip-top plastic bag; seal and shake to coat. Marinate in refrigerator 1 hour, turning bag occasionally.
- Sift together flour and next 3 ingredients (through red pepper).
- Place flour mixture in a large zip-top plastic bag.
- Remove chicken from marinade bag, reserving marinade.
- Sprinkle salt and black pepper evenly over chicken.
- Add chicken, one piece at a time, to flour mixture; seal bag and shake to coat chicken.

- Remove chicken from bag, shaking off excess flour mixture. Reserve remaining flour mixture.
- Place chicken on a wire rack; place rack in a jelly-roll pan. Cover and refrigerate 1 1/2 hours.
- Let stand at room temperature 30 minutes.
- Preheat oven to 35
- Return chicken, one piece at a time, to flour mixture; seal bag and shake to coat chicken.
- Remove chicken from bag, shaking off excess flour mixture. Discard remaining flour mixture.
- Heat oil in a large skillet over medium-high heat.
- Add chicken to pan; cook 3 minutes or until golden, turning once. Arrange chicken in single layer in a shallow roasting pan.
- Combine broth and reserved marinade in a small bowl; carefully pour broth mixture into pan.
- Sprinkle chicken evenly with sugar, and top with lemon slices.
- Bake at 350 for 45 minutes or until golden and a thermometer registers 165.

Nutrition Facts



Properties

Glycemic Index:56.13, Glycemic Load:17.9, Inflammation Score:-7, Nutrition Score:27.57260852793%

Flavonoids

Eriodictyol: 8.74mg, Eriodictyol: 8.74mg, Eriodictyol: 8.74mg, Eriodictyol: 8.74mg Hesperetin: 16.36mg, Hesperetin: 16.36mg, Hesperetin: 16.36mg, Hesperetin: 16.36mg Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 750.46kcal (37.52%), Fat: 43.21g (66.48%), Saturated Fat: 10.13g (63.34%), Carbohydrates: 44.68g (14.89%), Net Carbohydrates: 42.36g (15.4%), Sugar: 14.12g (15.69%), Cholesterol: 212.6mg (70.87%), Sodium: 861.79mg (37.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.26g (92.53%), Selenium: 64.46µg (92.09%), Vitamin B3: 16.64mg (83.21%), Vitamin B6: 1.15mg (57.75%), Vitamin C: 39.84mg (48.3%), Phosphorus: 461.29mg (46.13%), Manganese: 0.68mg (33.81%), Vitamin B1: 0.45mg (30.1%), Vitamin B5: 3mg (29.97%), Vitamin B2: 0.49mg (29.11%), Potassium: 785.97mg (22.46%), Zinc: 3.22mg (21.47%), Vitamin B12: 1.27µg (21.24%), Folate: 81.24µg (20.31%), Vitamin E: 2.98mg (19.87%), Iron: 3.57mg (19.82%), Magnesium: 68.27mg (17.07%), Copper: 0.2mg

(10.21%), Vitamin A: 508.99IU (10.18%), Fiber: 2.33g (9.3%), Calcium: 51.05mg (5.11%), Vitamin K: 5.32µg (5.07%),
Vitamin D: 0.24µg (1.59%)