



Lemon-Ginger Fried Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 chicken thighs bone-in
- ☐ 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

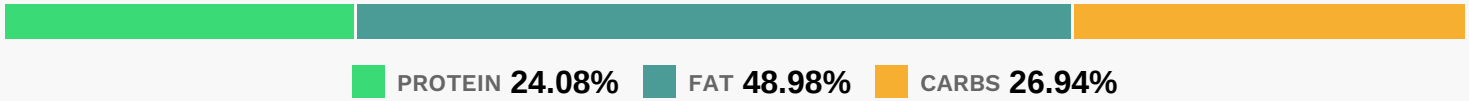
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags

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:22.793913214103%

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: 569.43kcal (28.47%), Fat: 31.21g (48.02%), Saturated Fat: 6.9g (43.12%), Carbohydrates: 38.62g (12.87%), Net Carbohydrates: 36.29g (13.2%), Sugar: 8.3g (9.22%), Cholesterol: 141.79mg (47.26%), Sodium: 804.48mg (34.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.52g (69.05%), Selenium: 50.88µg (72.68%), Vitamin B3: 13.28mg (66.41%), Vitamin C: 39.84mg (48.3%), Vitamin B6: 0.9mg (45.24%), Phosphorus: 346.89mg (34.69%), Manganese: 0.66mg (33.04%), Vitamin B1: 0.4mg (26.54%), Vitamin B2: 0.4mg (23.5%), Vitamin B5: 2.25mg (22.55%), Folate: 79.01µg (19.75%), Vitamin E: 2.83mg (18.86%), Potassium: 629.88mg (18%), Iron: 3.04mg (16.89%), Zinc: 2.32mg (15.44%), Vitamin B12: 0.81µg (13.53%), Magnesium: 54mg (13.5%), Fiber: 2.33g (9.3%), Vitamin A: 452.63IU (9.05%), Copper: 0.16mg (8.23%), Calcium: 40.29mg (4.03%), Vitamin K: 3.8µg (3.62%), Vitamin D: 0.17µg (1.11%)