



Light and Crispy Fried Chicken

READY IN



27 min.

SERVINGS



4

CALORIES



997 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 cups buttermilk
- ☐ 4 cups canola oil
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon hot sauce
- ☐ 1 teaspoon poultry seasoning
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 3.5 pound meat from a rotisserie chicken whole cut into parts

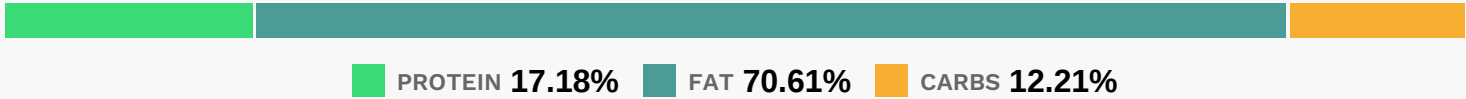
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ In a large bowl mix together the buttermilk, hot sauce and salt and pepper, to taste.
- ☐ Add the chicken parts and turn to coat completely. Cover and marinate in the refrigerator for 30 minutes to 2 hours.
- ☐ In a deep heavy-bottomed skillet, heat the canola oil over medium-high heat to 350 degrees F.
- ☐ Put the flour in a shallow baking dish or pie plate, stir in the baking soda, poultry seasoning, cayenne pepper, and salt and pepper, to taste.
- ☐ Working in 2 batches, shake off excess buttermilk and put the chicken pieces into flour mixture, coating thoroughly. Carefully add them, in batches, to the hot oil and fry until golden brown on the outside and cooked through, about 5 to 7 minutes.
- ☐ Remove from oil and drain on a paper lined sheet tray.
- ☐ Transfer to a baking sheet with a rack and bake in the oven for 10 to 12 minutes.
- ☐ Remove from the oven and transfer to a serving platter to serve.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:19.1, Inflammation Score:-7, Nutrition Score:25.29913035683%

Nutrients (% of daily need)

Calories: 996.71kcal (49.84%), Fat: 77.86g (119.79%), Saturated Fat: 13.86g (86.65%), Carbohydrates: 30.29g (10.1%), Net Carbohydrates: 29.29g (10.65%), Sugar: 6.02g (6.69%), Cholesterol: 156.08mg (52.03%), Sodium: 619.71mg (26.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.62g (85.24%), Vitamin B3: 14.96mg (74.78%), Selenium: 42.53µg (60.76%), Vitamin E: 8.6mg (57.34%), Phosphorus: 417.9mg (41.79%), Vitamin K: 39.72µg (37.83%), Vitamin B6: 0.74mg (37.09%), Vitamin B2: 0.6mg (35.03%), Vitamin B1: 0.42mg (27.96%), Vitamin B5: 2.33mg (23.31%), Zinc: 3.2mg (21.31%), Vitamin B12: 1.14µg (19.04%), Iron: 3.42mg (19.01%), Folate: 75.79µg (18.95%), Calcium: 169.7mg (16.97%), Potassium: 569.96mg (16.28%), Manganese: 0.31mg (15.39%), Magnesium: 58.81mg (14.7%), Vitamin D: 1.94µg (12.94%), Vitamin A: 587.71IU (11.75%), Copper: 0.17mg (8.69%), Vitamin C: 5.73mg (6.95%), Fiber: 1g (4.01%)