



Low Carb Southern Fried Chicken

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



741 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 1 meat from a rotisserie chicken whole boneless cut into 8 pieces, or 3 pounds chicken breast
- ☐ 3 eggs
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 cup heavy cream
- ☐ 1 teaspoon poultry seasoning
- ☐ 2 teaspoons salt
- ☐ 2.3 cups soy flour

- ☐ 3 cups vegetable oil (more or less depending on pot used)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ deep fryer

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Place a heavy pot over medium-high heat with at least 1-inch of vegetable oil for boneless chicken and 2 inches for whole pieces.
- ☐ Heat oil to 350 degrees F; it is important to monitor and maintain the temperature, or the soy flour breading and your oil will burn. (Portable deep fryers at home are great for this.)
- ☐ In a medium bowl, mix the eggs and cream to make an egg wash. In a separate larger bowl, mix all the breading ingredients together.
- ☐ Season the chicken well with salt and pepper. Dip it first in the breading, then in the egg wash, and then back in the breading again, making sure to coat well on all sides. Pat off any excess breading and then carefully place into hot oil and fry until golden brown and crisp, just a few minutes.
- ☐ Remove and drain on paper towels.
- ☐ Boneless chicken breasts, if thinly cut, may cook all the way by frying alone, but whole chicken will not because of how fast soy flour browns. It is best to place any chicken you fry with soy flour on a sheet pan and finish by baking at 350 degrees F for an additional 10 minutes for boneless chicken and 20 to 25 minutes more for cut up chicken pieces that have bones. The internal temperature of the chicken should register 165 degrees F.
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN **20.64%**  FAT **66.33%**  CARBS **13.03%**

Properties

Glycemic Index:9.25, Glycemic Load:0.09, Inflammation Score:-9, Nutrition Score:39.890869337579%

Nutrients (% of daily need)

Calories: 741.37kcal (37.07%), Fat: 56.22g (86.5%), Saturated Fat: 11.74g (73.36%), Carbohydrates: 24.84g (8.28%), Net Carbohydrates: 18.32g (6.66%), Sugar: 5.49g (6.1%), Cholesterol: 175.73mg (58.58%), Sodium: 1288.33mg (56.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.37g (78.73%), Vitamin K: 111.41µg (106.1%), Copper: 1.96mg (98.21%), Manganese: 1.61mg (80.63%), Magnesium: 302.55mg (75.64%), Folate: 244.89µg (61.22%), Vitamin B2: 1mg (58.59%), Potassium: 1931.11mg (55.17%), Phosphorus: 520.11mg (52.01%), Selenium: 33.8µg (48.29%), Vitamin B3: 8.78mg (43.88%), Vitamin B6: 0.81mg (40.31%), Vitamin E: 4.56mg (30.38%), Iron: 5.25mg (29.15%), Vitamin B1: 0.44mg (29.14%), Fiber: 6.52g (26.09%), Vitamin B5: 2.4mg (24%), Zinc: 3.4mg (22.65%), Calcium: 174.22mg (17.42%), Vitamin A: 508.11IU (10.16%), Vitamin B12: 0.43µg (7.18%), Vitamin D: 0.95µg (6.36%), Vitamin C: 0.84mg (1.01%)