



## Man Catching" Fried Chicken with Honey-Pecan Glaze

READY IN



45 min.

SERVINGS



8

CALORIES



833 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup butter
- ☐ 2 cups buttermilk
- ☐ 4.5 pounds chicken pieces (breast, drumsticks, and thighs)
- ☐ 1 large eggs
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.3 cup honey

- ☐ 0.5 cup pecans coarsely chopped
- ☐ 1 tablespoon salt
- ☐ 2 cups self raising flour
- ☐ 8 servings vegetable oil

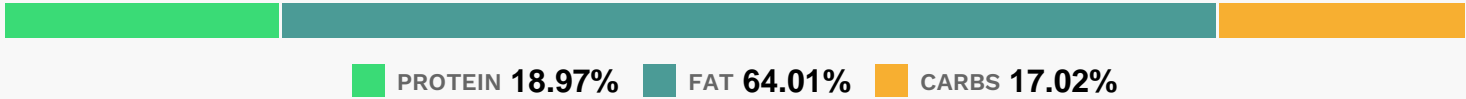
## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ dutch oven

## Directions

- ☐ Place chicken pieces in a 13- x 9-inch baking dish.
- ☐ Whisk together buttermilk and egg until blended; pour over chicken. Cover and chill 1 to 8 hours, turning chicken after 30 minutes.
- ☐ Pour vegetable oil to depth of 1 1/2 inches into a cast-iron Dutch oven; heat over medium heat to 34
- ☐ Whisk together flour, salt, ground red pepper, garlic powder, and ground black pepper in a shallow dish. Dredge chicken in flour mixture, shaking off excess. Fry chicken, in 2 batches, in hot oil 20 to 22 minutes or until done, turning occasionally.
- ☐ Drain on a wire rack over paper towels.
- ☐ Place on a wire rack in a jelly-roll pan, and keep warm in a 200 oven. Melt butter in a small saucepan over medium heat; whisk in honey until blended. Stir in pecans; bring mixture to a boil, whisking often. Reduce heat to low, and cook, stirring occasionally, 8 to 10 minutes or until slightly thickened.
- ☐ Drizzle over chicken, and serve immediately.

# Nutrition Facts



## Properties

Glycemic Index:34.91, Glycemic Load:20.2, Inflammation Score:-6, Nutrition Score:20.098695775737%

## Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

## Nutrients (% of daily need)

Calories: 833.28kcal (41.66%), Fat: 59.21g (91.1%), Saturated Fat: 18.7g (116.9%), Carbohydrates: 35.42g (11.81%), Net Carbohydrates: 33.99g (12.36%), Sugar: 12.02g (13.35%), Cholesterol: 190.48mg (63.49%), Sodium: 1157.76mg (50.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.48g (78.97%), Vitamin B3: 12.27mg (61.37%), Selenium: 42.03µg (60.04%), Phosphorus: 370.55mg (37.06%), Vitamin B6: 0.67mg (33.59%), Manganese: 0.59mg (29.26%), Vitamin K: 30.05µg (28.62%), Vitamin B2: 0.38mg (22.18%), Vitamin B5: 2.12mg (21.17%), Zinc: 3.17mg (21.15%), Vitamin A: 786.64IU (15.73%), Vitamin E: 2.35mg (15.68%), Vitamin B12: 0.89µg (14.89%), Magnesium: 57.64mg (14.41%), Potassium: 487.72mg (13.93%), Vitamin B1: 0.2mg (13.48%), Iron: 2.21mg (12.25%), Copper: 0.24mg (12.01%), Calcium: 105.72mg (10.57%), Vitamin D: 1.25µg (8.35%), Folate: 28.85µg (7.21%), Fiber: 1.42g (5.69%), Vitamin C: 2.99mg (3.63%)