



Marinated Fried Chicken

 Dairy Free

READY IN



170 min.

SERVINGS



5

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 lb chicken pieces
- 1 cup flour
- 2 cups oil
- 1 Tbsp pepper sauce hot
- 1 env. seasons dressing mix italian good divided

Equipment

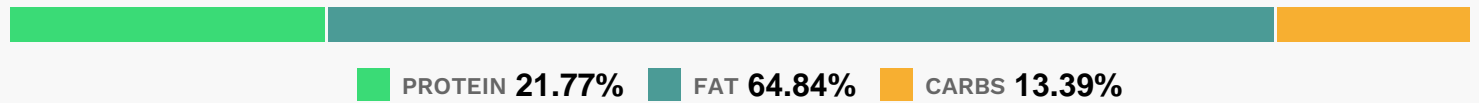
- frying pan
- paper towels

- baking pan
- ziploc bags

Directions

- Place chicken in shallow baking dish.
- Sprinkle with 1 Tbsp. of the dressing mix and the hot pepper sauce; turn to coat. Cover. Refrigerate 1 to 2 hours to marinate.
- Mix flour and remaining dressing mix in plastic bag.
- Add chicken, 1 piece at a time; close bag and shake to coat.
- Heat oil in large skillet on medium-high heat.
- Add chicken; cook 10 min. or until browned on all sides. Reduce heat to medium; cover. Cook 30 min. or until chicken is cooked through, turning occasionally.
- Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:13.8, Inflammation Score:-5, Nutrition Score:15.189565295758%

Nutrients (% of daily need)

Calories: 581.83kcal (29.09%), Fat: 41.4g (63.69%), Saturated Fat: 8.01g (50.04%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 18.55g (6.75%), Sugar: 0.1g (0.11%), Cholesterol: 115.67mg (38.56%), Sodium: 192.17mg (8.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.28g (62.56%), Vitamin B3: 11.97mg (59.86%), Selenium: 30.68µg (43.83%), Vitamin B6: 0.55mg (27.74%), Phosphorus: 253.99mg (25.4%), Vitamin E: 3.62mg (24.11%), Vitamin B1: 0.29mg (19.31%), Vitamin B2: 0.31mg (18.28%), Vitamin B5: 1.52mg (15.16%), Zinc: 2.2mg (14.65%), Vitamin K: 15.23µg (14.5%), Iron: 2.56mg (14.22%), Folate: 55.16µg (13.79%), Manganese: 0.2mg (10.05%), Potassium: 321.97mg (9.2%), Magnesium: 36.47mg (9.12%), Vitamin B12: 0.48µg (7.97%), Copper: 0.11mg (5.54%), Vitamin C: 4.41mg (5.35%), Vitamin A: 220.12IU (4.4%), Fiber: 0.68g (2.73%), Calcium: 20.92mg (2.09%), Vitamin D: 0.31µg (2.06%)