



Maryland Fried Chicken with Cream Gravy

READY IN



45 min.

SERVINGS



4

CALORIES



938 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 pound chicken cut into 8 serving pieces
- ☐ 1 cup flour all-purpose
- ☐ 1.5 cups cream light
- ☐ 0.5 cup milk
- ☐ 2 teaspoons salt
- ☐ 2 cups vegetable oil
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ tongs

Directions

- ☐ Put 1 cup flour with salt and pepper in a large (1-gallon) sealable plastic bag, then seal bag and shake to combine.
- ☐ Turn chicken pieces in milk in a bowl, then add chicken to flour mixture and seal bag (discard milk). Shake to coat and let stand in bag while oil heats.
- ☐ Heat oil in skillet over moderately high heat until it registers 360°F on thermometer (see cooks' note, below).
- ☐ Add chicken, skin sides down, and cook, covered, until golden, about 5 minutes. Turn chicken over with tongs and cook, covered, 5 minutes more.
- ☐ Transfer chicken with tongs to a plate.
- ☐ Pour fat from skillet into a heatproof bowl (to cool before discarding) and add 1/2 cup water to skillet. Return chicken to skillet, skin sides up, and cook, covered, over moderate heat, turning over twice, until chicken is cooked through, about 15 minutes.
- ☐ Transfer chicken to a platter and cover loosely with foil to keep warm.
- ☐ Pour off and discard all but 1 tablespoon fat from skillet, then stir 1 tablespoon flour into remaining fat and cook over moderate heat, whisking, 2 minutes.
- ☐ Add 1/2 cup water and cook, scraping up brown bits, 2 minutes.
- ☐ Add half-and-half, whisking, and bring to a boil. Reduce heat and simmer, whisking occasionally, until sauce is thick and creamy, about 4 minutes. Season with salt and pepper and spoon over chicken.

Nutrition Facts



 **PROTEIN 15.61%**  **FAT 72.4%**  **CARBS 11.99%**

Properties

Glycemic Index:36.25, Glycemic Load:17.82, Inflammation Score:-8, Nutrition Score:21.198695877324%

Nutrients (% of daily need)

Calories: 938.17kcal (46.91%), Fat: 75.39g (115.98%), Saturated Fat: 28.31g (176.95%), Carbohydrates: 28.08g (9.36%), Net Carbohydrates: 27.18g (9.88%), Sugar: 1.65g (1.84%), Cholesterol: 225.61mg (75.2%), Sodium: 1322.74mg (57.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.57g (73.14%), Vitamin B3: 13.02mg (65.12%), Selenium: 35.15µg (50.22%), Vitamin K: 45.55µg (43.38%), Phosphorus: 359.66mg (35.97%), Vitamin B6: 0.63mg (31.49%), Vitamin B2: 0.5mg (29.7%), Vitamin B1: 0.38mg (25.48%), Vitamin A: 1187.29IU (23.75%), Vitamin E: 3.1mg (20.66%), Vitamin B5: 1.97mg (19.72%), Zinc: 2.72mg (18.13%), Folate: 70.61µg (17.65%), Iron: 2.99mg (16.58%), Vitamin B12: 0.85µg (14.17%), Manganese: 0.28mg (14.06%), Potassium: 478.31mg (13.67%), Magnesium: 50.52mg (12.63%), Calcium: 125.61mg (12.56%), Vitamin D: 1.2µg (8%), Copper: 0.14mg (7.18%), Vitamin C: 3.15mg (3.82%), Fiber: 0.91g (3.63%)