



## Millie Pasquinelli's Fried Chicken

 Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 pound chickens whole cut into pieces
- 4 eggs beaten
- 3 cups flour all-purpose
- 3 tablespoons garlic powder
- 12 servings salt and pepper to taste
- 5 tablespoons lawry's seasoned salt
- 1 quart vegetable oil for frying

### Equipment

- bowl
- frying pan
- paper towels
- oven

## Directions

- In a shallow plate or bowl, mix the flour, seasoned salt, garlic powder, salt and pepper.
- Roll or shake the chicken pieces in the flour mixture and place on a platter. Then dip each chicken piece in the egg and roll again in flour mixture.
- Heat oil in a deep-fryer or large skillet to 375 degrees F (190 degrees C).
- Fry coated chicken pieces in hot oil for about 5 minutes on each side. Cover skillet and cook on lower heat for about 10 minutes.
- Remove cover, turn up heat and fry for 5 minutes on each side to make chicken crispy. Chicken is done when it is no longer pink inside and its juices run clear.
- Drain fried chicken on paper towels and keep warm in oven until ready to serve.

## Nutrition Facts

■ PROTEIN 19.03% ■ FAT 60.97% ■ CARBS 20%

## Properties

Glycemic Index:6.67, Glycemic Load:17.32, Inflammation Score:-7, Nutrition Score:16.283478342968%

## Nutrients (% of daily need)

Calories: 515.87kcal (25.79%), Fat: 34.55g (53.16%), Saturated Fat: 7.79g (48.66%), Carbohydrates: 25.51g (8.5%), Net Carbohydrates: 24.48g (8.9%), Sugar: 0.19g (0.21%), Cholesterol: 149.48mg (49.83%), Sodium: 3199.45mg (139.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.27g (48.54%), Vitamin B3: 8.97mg (44.83%), Selenium: 28.39µg (40.55%), Vitamin K: 29.15µg (27.76%), Phosphorus: 253.19mg (25.32%), Vitamin B2: 0.41mg (24.29%), Folate: 93.72µg (23.43%), Vitamin B1: 0.32mg (21.67%), Vitamin B6: 0.43mg (21.25%), Vitamin B12: 1.22µg (20.39%), Vitamin A: 1009.65IU (20.19%), Iron: 3.36mg (18.67%), Vitamin B5: 1.5mg (15.01%), Manganese: 0.27mg (13.73%), Zinc: 1.89mg (12.59%), Vitamin E: 1.48mg (9.84%), Potassium: 294.51mg (8.41%), Magnesium: 31.23mg (7.81%), Copper: 0.13mg (6.74%), Fiber: 1.02g (4.1%), Vitamin C: 2.67mg (3.24%), Calcium: 27.44mg (2.74%), Vitamin D: 0.29µg (1.96%)