



## Miss Ora's Fried Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1095 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground plus more for seasoning
- ☐ 3 pound meat from a rotisserie chicken halved cut into 10 pieces (breasts crosswise)
- ☐ 2 tablespoons cornstarch
- ☐ 2 ounces caul fat thick rinsed sliced
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon kosher salt plus more for seasoning
- ☐ 4 cups vegetable oil for frying

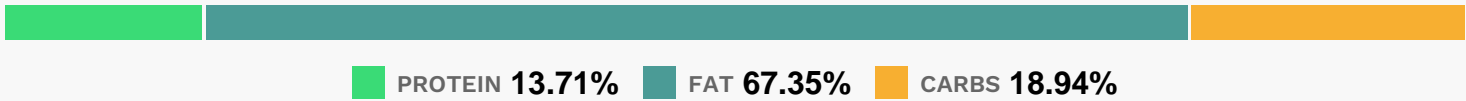
## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ kitchen thermometer

## Directions

- ☐ Season chicken with salt and pepper. Cover; chill at least 4 hours or overnight.
- ☐ Combine flour, cornstarch, 1/2 teaspoons salt, and 1/2 teaspoons pepper in a large bag. Working in batches, shake chicken in bag to coat well; transfer to a plate.
- ☐ Fit a large deep heavy straight-sided skillet with a deep-fry thermometer; add oil to measure 3/4".
- ☐ Heat over medium-high heat until thermometer reads 350°F.
- ☐ Working in batches and maintaining oil at 350°F, fry chicken and fatback (if using) until crisp and chicken is cooked through, 5–7 minutes per side.
- ☐ Drain on paper towels and season with salt.

## Nutrition Facts



## Properties

Glycemic Index:26.75, Glycemic Load:34.54, Inflammation Score:-7, Nutrition Score:24.266087189965%

## Nutrients (% of daily need)

Calories: 1094.97kcal (54.75%), Fat: 81.39g (125.21%), Saturated Fat: 18.35g (114.71%), Carbohydrates: 51.5g (17.17%), Net Carbohydrates: 49.72g (18.08%), Sugar: 0.17g (0.19%), Cholesterol: 130.55mg (43.52%), Sodium: 408.21mg (17.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.28g (74.56%), Vitamin K: 83.23µg (79.26%), Vitamin B3: 14.94mg (74.69%), Selenium: 45.96µg (65.66%), Vitamin B1: 0.6mg (40.05%), Phosphorus: 313.84mg (31.38%), Folate: 124.36µg (31.09%), Vitamin B6: 0.61mg (30.27%), Vitamin B2: 0.51mg (30.14%), Vitamin E: 4.1mg (27.31%), Iron: 4.45mg (24.72%), Manganese: 0.49mg (24.62%), Vitamin B5: 1.78mg (17.8%), Zinc: 2.64mg (17.57%), Magnesium: 47.25mg (11.81%), Potassium: 388.22mg (11.09%), Vitamin B12: 0.53µg (8.86%), Copper: 0.18mg (8.82%), Fiber: 1.79g (7.15%), Vitamin D: 0.77µg (5.11%), Vitamin A: 232.1IU (4.64%), Vitamin C: 2.63mg (3.18%), Calcium: 28.99mg (2.9%)