



Mom's Baked Fried Chicken and Gravy

READY IN



45 min.

SERVINGS



4

CALORIES



871 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound butter
- 3 tablespoons butter crispy with scraped up bits from chicken
- 1 chicken stock cube
- 1 cup flour
- 0.5 cup mushrooms fresh chopped
- 1 cup milk
- 2 teaspoons paprika
- 0.8 teaspoon pepper
- 0.5 teaspoon salt

- 2 tablespoons spring onion chopped
- 2 tablespoons the flour seasoned leftover for chicken preparation
- 1 tablespoon lawry's seasoned salt
- 1 chicken whole cut into parts

Equipment

- oven
- whisk
- baking pan

Directions

- Soak chicken in milk to cover for 20 to 30 minutes. Spray a baking dish (one that will accommodate all the chicken pieces comfortably in one layer) with nonstick vegetable-oil spray.
- Preheat oven to 400°F.
- Put the butter in the baking dish and heat it in the oven until the butter melts.
- Mix flour and seasonings together in paper sack or plastic baggie (1-gallon size). Shake each piece of chicken in seasoned flour.
- Place chicken pieces, skin-side down, in baking dish.
- Bake for 20 minutes. Turn chicken over and bake an additional 20 minutes or until cooked through and crispy.
- Remove chicken and set aside in a warm place.
- Sauté the scallions and mushrooms in the drippings over medium high heat, until soft.
- Mix the seasoned flour with milk first until you see no lumps.
- Whisk milk mixture into the sautéing onions and mushrooms. Taste and add bouillon cube, if desired (You may want to use additional milk if you do). Boil until thickened to preferred consistency. Put into a gravy dish and serve alongside the baked chicken.

Nutrition Facts

 PROTEIN 19.54%  FAT 65.11%  CARBS 15.35%

Properties

Glycemic Index:81, Glycemic Load:18.55, Inflammation Score:-8, Nutrition Score:23.305217431939%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 870.93kcal (43.55%), Fat: 62.77g (96.57%), Saturated Fat: 29.43g (183.92%), Carbohydrates: 33.3g (11.1%), Net Carbohydrates: 31.82g (11.57%), Sugar: 3.63g (4.03%), Cholesterol: 233.81mg (77.94%), Sodium: 3023.13mg (131.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.38g (84.76%), Vitamin B3: 15.46mg (77.28%), Selenium: 41.07µg (58.66%), Phosphorus: 401.45mg (40.15%), Vitamin B6: 0.76mg (37.82%), Vitamin A: 1860.81IU (37.22%), Iron: 6.07mg (33.7%), Vitamin B2: 0.55mg (32.25%), Vitamin B1: 0.41mg (27.45%), Vitamin B5: 2.36mg (23.58%), Zinc: 3.13mg (20.84%), Folate: 74.61µg (18.65%), Manganese: 0.33mg (16.63%), Vitamin B12: 0.99µg (16.56%), Potassium: 571.93mg (16.34%), Magnesium: 57.77mg (14.44%), Vitamin K: 13.48µg (12.84%), Vitamin E: 1.84mg (12.26%), Calcium: 119.59mg (11.96%), Copper: 0.19mg (9.57%), Vitamin D: 1.08µg (7.17%), Fiber: 1.49g (5.94%), Vitamin C: 3.88mg (4.71%)