



Mom's Fried Chicken

 Dairy Free

READY IN



26 min.

SERVINGS



8

CALORIES



1404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 pound chicken pieces
- 1 large eggs
- 1 cup flour all-purpose
- 1 teaspoon garlic powder
- 2 teaspoons pepper
- 4 teaspoons salt divided
- 1 quart vegetable oil
- 1 cup water

3 quarts water

Equipment

bowl

paper towels

whisk

ziploc bags

dutch oven

Directions

Combine 3 quarts water and 3 teaspoons salt in a large bowl; add chicken. Cover and chill 1 hour.

Drain chicken, and rinse with cold water; pat dry.

Whisk together egg and 1 cup water.

Combine remaining 1 teaspoon salt, flour, garlic powder, and pepper in a heavy-duty zip-top plastic bag. Dip 2 chicken pieces in egg mixture.

Place pieces in bag; seal and shake to coat.

Remove and repeat procedure with remaining pieces.

Heat oil to 360 in a Dutch oven. Fry chicken, in batches, 16 minutes or until golden, turning twice.

Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:8.7, Inflammation Score:-5, Nutrition Score:19.253913309263%

Nutrients (% of daily need)

Calories: 1404.16kcal (70.21%), Fat: 139.38g (214.44%), Saturated Fat: 24.08g (150.53%), Carbohydrates: 12.56g (4.19%), Net Carbohydrates: 11.98g (4.36%), Sugar: 0.08g (0.09%), Cholesterol: 124.46mg (41.49%), Sodium:

1285.94mg (55.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.62g (55.23%), Vitamin K: 220.45µg (209.95%), Vitamin E: 10.16mg (67.76%), Vitamin B3: 10.11mg (50.57%), Selenium: 26.76µg (38.24%), Vitamin B6: 0.5mg (24.87%), Phosphorus: 229.96mg (23%), Vitamin B2: 0.27mg (15.83%), Vitamin B5: 1.4mg (14.02%), Vitamin B1: 0.21mg (13.89%), Zinc: 2.02mg (13.44%), Iron: 2.15mg (11.96%), Manganese: 0.2mg (10.22%), Folate: 39.89µg (9.97%), Magnesium: 36.19mg (9.05%), Potassium: 291.75mg (8.34%), Copper: 0.16mg (8.14%), Vitamin B12: 0.47µg (7.9%), Vitamin A: 225.41IU (4.51%), Calcium: 35.45mg (3.55%), Vitamin D: 0.39µg (2.63%), Vitamin C: 2.16mg (2.62%), Fiber: 0.58g (2.33%)