



Mom's Old Fashioned Fried Chicken



Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound meat from a rotisserie chicken cut into pieces
- ☐ 0.7 cup flour all-purpose
- ☐ 2 teaspoons garlic powder
- ☐ 6 servings salt and pepper to taste
- ☐ 1 cup cooking sherry
- ☐ 1 quart vegetable oil for frying

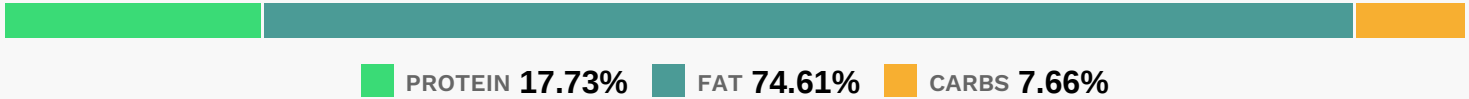
Equipment

- ☐ frying pan

Directions

- ☐ Put the flour, salt, pepper and garlic powder in a brown paper bag. One by one, coat the chicken parts with mixture.
- ☐ In a large skillet, fry the chicken in 1 inch of hot oil until golden brown.
- ☐ Remove the chicken from the pan and drain the oil.
- ☐ Put the chicken back into the pan and cover the pieces with cooking sherry. Cover the pan and reduce to simmer.
- ☐ Let simmer for 20 minutes.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:7.86, Inflammation Score:-6, Nutrition Score:15.196086930192%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 677.6kcal (33.88%), Fat: 53.55g (82.38%), Saturated Fat: 11.09g (69.32%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 11.9g (4.33%), Sugar: 0.45g (0.5%), Cholesterol: 108.86mg (36.29%), Sodium: 298.27mg (12.97%), Alcohol: 4.12g (100%), Alcohol %: 1.46% (100%), Protein: 28.63g (57.25%), Vitamin K: 60.39µg (57.52%), Vitamin B3: 10.74mg (53.71%), Selenium: 25.89µg (36.98%), Vitamin B6: 0.55mg (27.53%), Phosphorus: 239.71mg (23.97%), Vitamin E: 3.03mg (20.21%), Vitamin B2: 0.25mg (14.72%), Vitamin B5: 1.41mg (14.07%), Zinc: 2.08mg (13.85%), Vitamin B1: 0.2mg (13.5%), Iron: 2.12mg (11.8%), Potassium: 329.56mg (9.42%), Magnesium: 36.86mg (9.22%), Manganese: 0.18mg (8.97%), Folate: 35µg (8.75%), Vitamin B12: 0.45µg (7.5%), Copper: 0.1mg (4.84%), Vitamin A: 203.21IU (4.06%), Vitamin C: 2.33mg (2.83%), Calcium: 22.56mg (2.26%), Vitamin D: 0.29µg (1.94%), Fiber: 0.47g (1.86%)