



My Mother's Fried Chicken

READY IN



45 min.

SERVINGS



10

CALORIES



1056 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 10 servings pepper black freshly ground
- ☐ 0.5 cup buttermilk
- ☐ 2 cups corn flake cereal crushed
- ☐ 0.5 cup flour all-purpose
- ☐ 1 pinch lawry's seasoned salt generous such as lawry's
- ☐ 1 quart unrefined sunflower oil
- ☐ 1 meat from a rotisserie chicken whole cut into 10 parts (4 pounds)

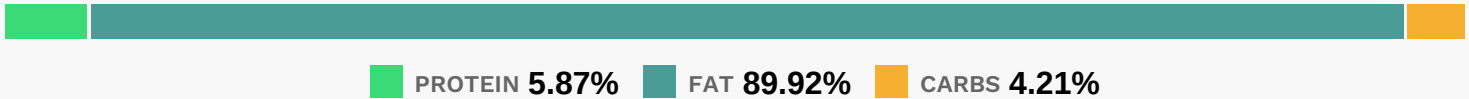
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In a medium bowl, mix the buttermilk and balsamic vinegar.
- ☐ In another medium bowl, combine the cereal, flour, seasoned salt and a few grinds of black pepper.
- ☐ Fill a large, deep frying pan a little less than half full with oil and heat over medium-high heat to 350 degrees F.
- ☐ Dip the chicken pieces in the buttermilk mixture and then in cereal mixture. Fry the chicken, a few pieces at a time, until golden brown and cooked through, 10 to 12 minutes per piece.
- ☐ Remove from the oil and drain on a paper towel-lined plate.
- ☐ Bring the oil back to 350 degrees F before cooking the remaining pieces of chicken.

Nutrition Facts



Properties

Glycemic Index:18.8, Glycemic Load:4.19, Inflammation Score:-4, Nutrition Score:12.967826055444%

Nutrients (% of daily need)

Calories: 1056.4kcal (52.82%), Fat: 106.59g (163.99%), Saturated Fat: 12.86g (80.37%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 10.84g (3.94%), Sugar: 2.09g (2.32%), Cholesterol: 58.45mg (19.48%), Sodium: 112.23mg (4.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.66g (31.32%), Vitamin E: 39.12mg (260.83%), Vitamin B3: 6.56mg (32.82%), Selenium: 14µg (20%), Vitamin B6: 0.37mg (18.71%), Iron: 2.65mg (14.74%), Phosphorus: 136.01mg (13.6%), Vitamin B2: 0.23mg (13.43%), Vitamin B1: 0.18mg (11.7%), Vitamin B12: 0.57µg (9.52%), Folate: 36.62µg (9.15%), Vitamin B5: 0.78mg (7.8%), Zinc: 1.15mg (7.66%), Vitamin K: 6.47µg (6.16%), Potassium: 184.74mg (5.28%), Magnesium: 20.93mg (5.23%), Vitamin A: 227.01IU (4.54%), Manganese: 0.09mg (4.41%), Vitamin D: 0.51µg (3.4%), Copper: 0.06mg (3.13%), Vitamin C: 2.39mg (2.9%), Calcium: 25.56mg (2.56%), Fiber: 0.38g (1.52%)