



Nashville-Style Hot Chicken

READY IN



45 min.

SERVINGS



8

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 3 pounds skin-on chicken drumsticks
- ☐ 2 cups flour all-purpose
- ☐ 5 oz habanero hot sauce
- ☐ 0.8 teaspoon onion powder
- ☐ 0.8 teaspoon pepper
- ☐ 2 teaspoons salt
- ☐ 8 servings vegetable oil

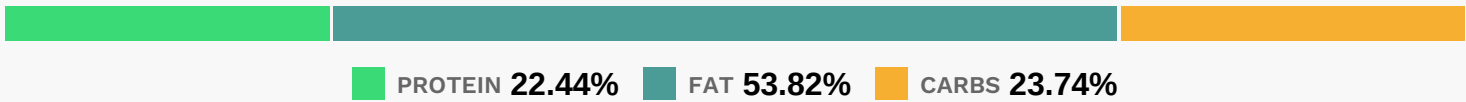
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Whisk together buttermilk and hot sauce in a large bowl.
- ☐ Add chicken. Cover and chill 24 hours.
- ☐ Combine flour and next 3 ingredients.
- ☐ Remove chicken from buttermilk mixture, discarding mixture. Dredge chicken in flour mixture, shaking off excess.
- ☐ Preheat oven to 35
- ☐ Pour oil to depth of 1 inch into a large, deep skillet; heat to 32
- ☐ Fry drumsticks, in batches, 6 to 8 minutes or until lightly browned, turning occasionally.
- ☐ Transfer to a wire rack in a jelly-roll pan.
- ☐ Bake 15 minutes or until done.
- ☐ Note: We tested with Tabasco Habanero Sauce.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:17.5, Inflammation Score:-4, Nutrition Score:15.199565286222%

Nutrients (% of daily need)

Calories: 431.07kcal (21.55%), Fat: 25.46g (39.17%), Saturated Fat: 5.27g (32.96%), Carbohydrates: 25.28g (8.43%), Net Carbohydrates: 24.31g (8.84%), Sugar: 1.05g (1.17%), Cholesterol: 106.5mg (35.5%), Sodium: 1184.74mg (51.51%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.89g (47.77%), Selenium: 33.3µg (47.56%), Vitamin B3: 7.42mg (37.09%), Vitamin K: 29.47µg (28.07%), Phosphorus: 238.53mg (23.85%), Vitamin B1: 0.35mg (23.47%), Vitamin B2: 0.39mg (22.68%), Vitamin B6: 0.43mg (21.36%), Zinc: 2.49mg (16.63%), Vitamin C: 13.3mg (16.12%), Folate: 62.57µg (15.64%), Vitamin B5: 1.4mg (13.96%), Manganese: 0.27mg (13.48%), Iron: 2.29mg (12.73%), Vitamin B12: 0.7µg (11.6%), Potassium: 337.8mg (9.65%), Vitamin E: 1.41mg (9.43%), Magnesium: 32.6mg (8.15%), Copper: 0.13mg (6.36%), Fiber: 0.97g (3.89%), Calcium: 36.66mg (3.67%), Vitamin A: 106.9IU (2.14%), Vitamin D: 0.31µg (2.06%)