

Neely Family Spicy Fried Chicken

READY IN



155 min.

SERVINGS



8

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 quart buttermilk
- ☐ 1 tablespoon cayenne
- ☐ 1 teaspoon cayenne pepper
- ☐ 2.5 pounds fryer chicken cut into 10 pieces
- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons garlic powder
- ☐ 2 tablespoons hot sauce
- ☐ 1 teaspoon paprika
- ☐ 8 servings vegetable oil; peanut oil preferred for frying

☐ 8 servings salt and pepper black freshly ground

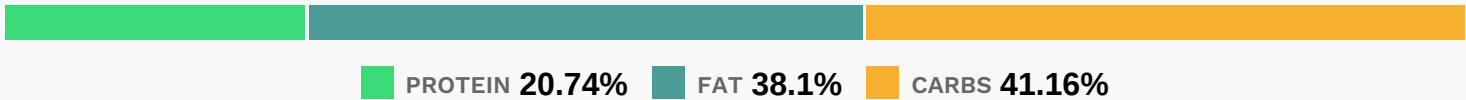
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ plastic wrap
- ☐ casserole dish

Directions

- ☐ Season the chicken with salt and pepper and place in a casserole dish. In a nonreactive bowl, mix buttermilk, hot sauce and cayenne.
- ☐ Pour the buttermilk mixture over the chicken, cover with plastic wrap and place in the refrigerator to marinate for 2 hours.
- ☐ Preheat a deep-fryer to 350 degrees F.
- ☐ Into a large paper bag, measure the flour, cayenne, garlic powder, paprika, and salt and pepper. Shake off excess buttermilk mixture and place the chicken, a few pieces at a time, into the bag and shake to dredge.
- ☐ Place the chicken into the hot oil and fry until golden and crisp, about 8 to 10 minutes for white meat and 13 to 15 for dark meat.
- ☐ Remove from the fryer onto a paper towel lined sheet tray and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:27.79, Inflammation Score:-7, Nutrition Score:16.341304302216%

Nutrients (% of daily need)

Calories: 421.58kcal (21.08%), Fat: 17.63g (27.12%), Saturated Fat: 5.76g (36.03%), Carbohydrates: 42.84g (14.28%), Net Carbohydrates: 41.15g (14.96%), Sugar: 6.08g (6.75%), Cholesterol: 64.04mg (21.35%), Sodium: 259.57mg (11.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.59g (43.17%), Selenium: 30.34µg (43.35%), Vitamin

B3: 7.62mg (38.09%), Vitamin B1: 0.47mg (31.51%), Vitamin B2: 0.53mg (31.28%), Phosphorus: 258.16mg (25.82%), Folate: 97.39µg (24.35%), Manganese: 0.38mg (19.03%), Vitamin B6: 0.35mg (17.3%), Iron: 3.01mg (16.74%), Vitamin A: 783.47IU (15.67%), Calcium: 153.72mg (15.37%), Vitamin B5: 1.29mg (12.91%), Vitamin B12: 0.76µg (12.58%), Zinc: 1.73mg (11.53%), Vitamin D: 1.67µg (11.16%), Potassium: 376.73mg (10.76%), Magnesium: 38.44mg (9.61%), Vitamin E: 1.1mg (7.32%), Copper: 0.14mg (7.05%), Fiber: 1.69g (6.77%), Vitamin C: 4.2mg (5.09%), Vitamin K: 2.68µg (2.56%)