



Oven-Fried Chicken

READY IN



655 min.

SERVINGS



6

CALORIES



966 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon pepper black freshly ground
- 1 quart buttermilk
- 6 pounds chickens cut in 8 serving pieces
- 2 cups flour all-purpose
- 1 tablespoon kosher salt
- 6 servings vegetable shortening

Equipment

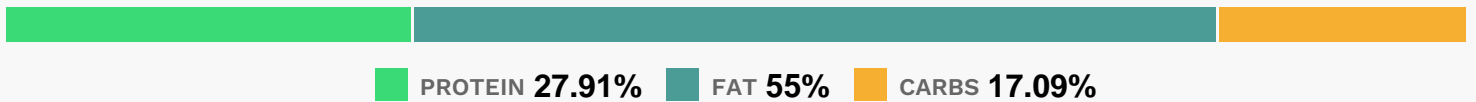
- bowl

- frying pan
- oven
- pot
- plastic wrap
- kitchen thermometer

Directions

- Watch how to make this recipe.
- Place the chicken pieces in a large bowl and pour the buttermilk over them. Cover with plastic wrap and refrigerate overnight.
- Preheat the oven to 350 degrees F.
- Combine the flour, salt, and pepper in a large bowl. Take the chicken out of the buttermilk and coat each piece thoroughly with the flour mixture.
- Pour the oil into a large heavy-bottomed stockpot to a depth of 1-inch and heat to 360 degrees F on a thermometer.
- Working in batches, carefully place several pieces of chicken in the oil and fry for about 3 minutes on each side until the coating is a light golden brown (it will continue to brown in the oven). Don't crowd the pieces.
- Remove the chicken from the oil and place each piece on a metal baking rack set on a sheet pan. Allow the oil to return to 360 degrees F before frying the next batch. When all the chicken is fried, bake for 30 to 40 minutes, until the chicken is no longer pink inside.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:25.51, Inflammation Score:-9, Nutrition Score:36.650869519814%

Nutrients (% of daily need)

Calories: 966.1kcal (48.3%), Fat: 57.85g (89%), Saturated Fat: 17.93g (112.05%), Carbohydrates: 40.43g (13.48%), Net Carbohydrates: 39.05g (14.2%), Sugar: 7.82g (8.68%), Cholesterol: 302.12mg (100.71%), Sodium: 1557.9mg

(67.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.06g (132.12%), Vitamin B3: 23.89mg (119.47%), Selenium: 58.42µg (83.46%), Phosphorus: 727mg (72.7%), Vitamin B12: 4µg (66.73%), Vitamin B2: 1.05mg (61.48%), Vitamin A: 3057.08IU (61.14%), Vitamin B6: 1.14mg (56.88%), Folate: 170.4µg (42.6%), Vitamin B5: 4.18mg (41.77%), Vitamin B1: 0.6mg (39.86%), Iron: 6.62mg (36.8%), Zinc: 5.14mg (34.3%), Potassium: 920.04mg (26.29%), Manganese: 0.51mg (25.52%), Calcium: 225.91mg (22.59%), Magnesium: 89.59mg (22.4%), Copper: 0.31mg (15.62%), Vitamin D: 2.05µg (13.67%), Vitamin C: 7.95mg (9.63%), Fiber: 1.38g (5.51%), Vitamin K: 2.77µg (2.64%), Vitamin E: 0.21mg (1.38%)