



Pan-Fried Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



680 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 pounds chicken breast halves bone-in
- 10 ounces skin-on chicken drumsticks
- 10 ounces chicken thighs
- 1 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 0.5 teaspoon nutmeg freshly ground
- 0.3 cup vegetable oil; peanut oil preferred

- 0.5 teaspoon sea salt fine
- 0.5 cup flour whole-wheat

Equipment

- frying pan
- paper towels
- wire rack
- ziploc bags
- wax paper

Directions

- Place first 5 ingredients in a large heavy-duty zip-top plastic bag. Seal bag, and shake to blend.
- Sprinkle salt evenly over chicken.
- Add chicken, 1 piece at a time, to bag. Seal bag, and shake to coat chicken.
- Remove chicken from bag, shaking off excess flour.
- Place chicken on a cooling rack; place rack in a jelly-roll pan. Reserve and refrigerate remaining flour mixture in bag. Loosely cover chicken with wax paper; chill 1 1/2 hours.
- Let chicken stand at room temperature 30 minutes. Return chicken, 1 piece at a time, to flour mixture, shaking bag to coat chicken. Discard excess flour mixture.
- Heat peanut oil in a large skillet over medium-high heat.
- Add chicken to pan. Reduce heat to medium, and cook 25 minutes or until done, carefully turning every 5 minutes.
- Line a clean cooling rack with several layers of paper towels.
- Drain chicken on paper towels; let stand 5 minutes.
- Shake chicken in sealed plastic bag
- Tear off and stack paper towels
- Measure flours and spices
- Add measured ingredients to plastic bag

Nutrition Facts

PROTEIN 32.95% FAT 45.84% CARBS 21.21%

Properties

Glycemic Index:37.5, Glycemic Load:17.31, Inflammation Score:-5, Nutrition Score:28.771738871284%

Nutrients (% of daily need)

Calories: 680kcal (34%), Fat: 34.15g (52.54%), Saturated Fat: 7.61g (47.59%), Carbohydrates: 35.55g (11.85%), Net Carbohydrates: 32.85g (11.95%), Sugar: 0.24g (0.27%), Cholesterol: 203.86mg (67.95%), Sodium: 560.19mg (24.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.23g (110.47%), Selenium: 87.98µg (125.69%), Vitamin B3: 23.02mg (115.08%), Vitamin B6: 1.54mg (77.06%), Phosphorus: 577.31mg (57.73%), Manganese: 1.08mg (54.1%), Vitamin B5: 3.46mg (34.62%), Vitamin B1: 0.5mg (33.56%), Vitamin B2: 0.49mg (29.11%), Potassium: 872.15mg (24.92%), Magnesium: 88.93mg (22.23%), Zinc: 3.26mg (21.73%), Iron: 3.42mg (19.01%), Vitamin E: 2.76mg (18.39%), Folate: 73.28µg (18.32%), Vitamin B12: 1µg (16.64%), Fiber: 2.7g (10.82%), Copper: 0.22mg (10.8%), Vitamin K: 3.51µg (3.35%), Calcium: 31.01mg (3.1%), Vitamin A: 122.14IU (2.44%), Vitamin C: 1.72mg (2.09%), Vitamin D: 0.26µg (1.73%)