



Pan-Fried Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



835 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 pounds chicken breast halves bone-in
- 10 ounces skin-on chicken drumsticks
- 10 ounces strips.
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- 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 32.43% ■ FAT 50.21% ■ CARBS 17.36%

Properties

Glycemic Index:37.5, Glycemic Load:17.31, Inflammation Score:-5, Nutrition Score:31.843043430992%

Nutrients (% of daily need)

Calories: 835.22kcal (41.76%), Fat: 45.92g (70.65%), Saturated Fat: 10.79g (67.42%), Carbohydrates: 35.73g (11.91%), Net Carbohydrates: 33.03g (12.01%), Sugar: 0.24g (0.27%), Cholesterol: 273.32mg (91.11%), Sodium: 614.77mg (26.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.74g (133.49%), Selenium: 101.23µg (144.62%), Vitamin B3: 26.31mg (131.54%), Vitamin B6: 1.78mg (89.21%), Phosphorus: 689.29mg (68.93%), Manganese: 1.09mg (54.67%), Vitamin B5: 4.18mg (41.82%), Vitamin B1: 0.56mg (37.06%), Vitamin B2: 0.59mg (34.61%), Potassium: 1017.44mg (29.07%), Zinc: 4.14mg (27.63%), Magnesium: 102.39mg (25.6%), Vitamin B12: 1.45µg (24.2%), Iron: 3.9mg (21.65%), Vitamin E: 2.91mg (19.39%), Folate: 75.4µg (18.85%), Copper: 0.25mg (12.6%), Fiber: 2.7g (10.82%), Vitamin K: 5µg (4.76%), Calcium: 36.68mg (3.67%), Vitamin A: 177.42IU (3.55%), Vitamin D: 0.33µg (2.21%), Vitamin C: 1.72mg (2.09%)