

Pan-Fried Chicken

 Dairy Free

READY IN



180 min.

SERVINGS



4

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chicken thighs bone-in
- ☐ 2 chicken breast halves bone-in
- ☐ 2 skin-on chicken drumsticks
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 teaspoon nutmeg freshly ground
- ☐ 0.5 teaspoon paprika hot

- ☐ 0.3 cup vegetable oil; peanut oil preferred
- ☐ 0.5 teaspoon sea salt fine
- ☐ 0.5 cup flour whole-wheat

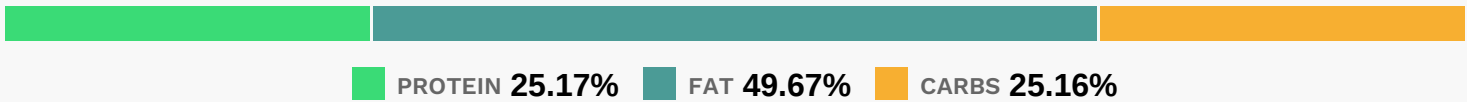
Equipment

- ☐ frying pan
- ☐ wire rack
- ☐ ziploc bags

Directions

- ☐ Sift together first 6 ingredients; place mixture in a large zip-top plastic bag.
- ☐ Sprinkle salt evenly over chicken.
- ☐ Add chicken, one piece at a time, to bag; seal. Shake bag 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 remaining flour mixture. Loosely cover chicken; chill 1 1/2 hours.
- ☐ Let chicken stand at room temperature 30 minutes. Return chicken, one 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-low, and cook 25 minutes or until done, carefully turning every 5 minutes.
- ☐ Line a clean cooling rack with brown paper bags; arrange chicken in a single layer on bags.
- ☐ Let stand for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:17.31, Inflammation Score:-5, Nutrition Score:22.239565289539%

Nutrients (% of daily need)

Calories: 571.23kcal (28.56%), Fat: 31.31g (48.17%), Saturated Fat: 6.96g (43.51%), Carbohydrates: 35.68g (11.89%), Net Carbohydrates: 32.89g (11.96%), Sugar: 0.27g (0.29%), Cholesterol: 141.79mg (47.26%), Sodium: 452.52mg (19.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.7g (71.4%), Selenium: 59.11µg (84.44%), Vitamin B3: 13.75mg (68.74%), Manganese: 1.07mg (53.59%), Vitamin B6: 0.88mg (44.04%), Phosphorus: 385.26mg (38.53%), Vitamin B1: 0.44mg (29.53%), Vitamin B2: 0.4mg (23.43%), Vitamin B5: 2.17mg (21.67%), Vitamin E: 2.65mg (17.7%), Folate: 69.74µg (17.44%), Zinc: 2.61mg (17.38%), Iron: 3.11mg (17.27%), Magnesium: 65.54mg (16.39%), Potassium: 543.78mg (15.54%), Vitamin B12: 0.78µg (13.06%), Fiber: 2.79g (11.17%), Copper: 0.19mg (9.48%), Vitamin A: 216.35IU (4.33%), Vitamin K: 3.33µg (3.17%), Calcium: 26.47mg (2.65%), Vitamin D: 0.17µg (1.11%)