



Peppery Chicken Fried Chicken

READY IN



42 min.

SERVINGS



10

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon double-acting baking powder
- 2.5 teaspoons pepper black divided freshly ground
- 6 ounce skinned and boned chicken breasts
- 4 large eggs
- 2.5 cups flour all-purpose divided
- 1 teaspoon ground pepper red
- 8 cups milk divided
- 10 servings vegetable oil; peanut oil preferred
- 4.5 teaspoons salt divided

- 76 saltines crushed (2 sleeves)

Equipment

- frying pan
- oven
- whisk
- wire rack
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Place chicken breasts between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness using a meat mallet or rolling pin.
- Sprinkle 1/2 teaspoon salt and 1/2 teaspoon black pepper evenly over chicken. Set aside.
- Combine cracker crumbs, 2 cups flour, baking powder, 1 1/2 teaspoons salt, 1 teaspoon black pepper, and ground red pepper.
- Whisk together 1 1/2 cups milk and eggs. Dredge chicken in cracker crumb mixture; dip in milk mixture, and dredge in cracker mixture again.
- Pour oil to a depth of 1/2 inch in a 12-inch skillet (do not use a nonstick skillet).
- Heat to 36
- Fry chicken, in batches, 10 minutes, adding oil as needed. Turn and fry 4 to 5 more minutes or until golden brown.
- Remove to a wire rack in a jellyroll pan. Keep chicken warm in a 225 oven. Carefully drain hot oil, reserving cooked bits and 2 tablespoons drippings in skillet.
- Whisk together remaining 1/2 cup flour, remaining 2 1/2 teaspoons salt, remaining 1 teaspoon black pepper, and remaining 6 1/2 cups milk.
- Pour mixture into reserved drippings in skillet; cook over medium-high heat, whisking constantly, 10 to 12 minutes or until thickened.
- Serve gravy with chicken.

Nutrition Facts

PROTEIN 14.44% FAT 45% CARBS 40.56%

Properties

Glycemic Index:26.9, Glycemic Load:20.9, Inflammation Score:-6, Nutrition Score:18.436521911103%

Nutrients (% of daily need)

Calories: 500.03kcal (25%), Fat: 24.92g (38.33%), Saturated Fat: 7.16g (44.73%), Carbohydrates: 50.52g (16.84%), Net Carbohydrates: 48.86g (17.77%), Sugar: 9.87g (10.96%), Cholesterol: 108.71mg (36.24%), Sodium: 1426.51mg (62.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.99g (35.99%), Selenium: 28.28µg (40.4%), Vitamin B2: 0.65mg (38%), Vitamin B1: 0.53mg (35.65%), Phosphorus: 339.62mg (33.96%), Calcium: 287.83mg (28.78%), Vitamin B3: 5.33mg (26.65%), Manganese: 0.49mg (24.53%), Folate: 98.12µg (24.53%), Vitamin B12: 1.29µg (21.44%), Vitamin E: 2.88mg (19.22%), Iron: 3.25mg (18.08%), Vitamin D: 2.56µg (17.09%), Vitamin B6: 0.32mg (16.01%), Vitamin B5: 1.53mg (15.29%), Potassium: 462.4mg (13.21%), Magnesium: 43.66mg (10.91%), Zinc: 1.55mg (10.32%), Vitamin A: 515.51IU (10.31%), Vitamin K: 7.64µg (7.28%), Fiber: 1.66g (6.66%), Copper: 0.11mg (5.29%)