

Perfect Crispy Fried Chicken

 Dairy Free

READY IN



790 min.

SERVINGS



3

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 3 chicken leg quarters cut into thighs and drumsticks
- ☐ 0.3 cup cornmeal
- ☐ 4 egg whites beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon sea salt
- ☐ 1 teaspoon granulated onion

- ☐ 1 teaspoon ground thyme
- ☐ 0.5 teaspoon paprika
- ☐ 1 tablespoon salt
- ☐ 3 servings vegetable oil for frying

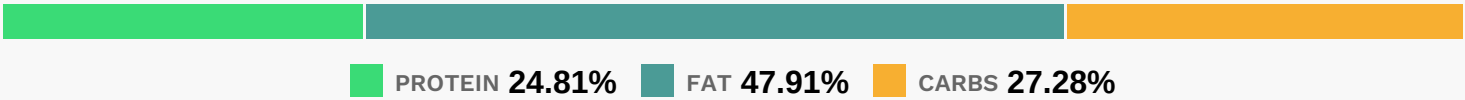
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ deep fryer

Directions

- ☐ Place chicken drumsticks and thighs in a bowl and pour enough buttermilk over chicken to cover. Cover and refrigerate for 12 to 24 hours.
- ☐ Combine flour, cornmeal, granulated onion, granulated garlic, thyme, salt, paprika, monosodium glutamate, baking powder, and cayenne pepper in a large, wide bowl.
- ☐ Remove chicken from buttermilk and shake off excess. Discard buttermilk. Pat chicken dry with paper towels.
- ☐ Dip chicken into egg whites and press into flour mixture. Allow coated chicken to rest on a wire rack for 20 to 30 minutes.
- ☐ Fill a cast-iron skillet or deep fryer with vegetable oil about 1/3 full.
- ☐ Heat to 350 degrees F (175 degrees C).
- ☐ Preheat oven to 250 degrees F (120 degrees C).
- ☐ Fry chicken in hot oil in batches until golden brown and no longer pink in the center, 8 to 10 minutes per side. Thighs may take longer to fry than drumsticks.
- ☐ Transfer fried chicken to a wire rack or a paper towel-lined tray to drain. Keep chicken warm in preheated oven while frying remaining pieces.

Nutrition Facts



Properties

Glycemic Index:95.83, Glycemic Load:23.15, Inflammation Score:-7, Nutrition Score:18.169999876748%

Nutrients (% of daily need)

Calories: 534.52kcal (26.73%), Fat: 28.05g (43.16%), Saturated Fat: 7.11g (44.42%), Carbohydrates: 35.95g (11.98%), Net Carbohydrates: 33.4g (12.15%), Sugar: 0.69g (0.77%), Cholesterol: 141.61mg (47.2%), Sodium: 2541.16mg (110.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.68g (65.36%), Selenium: 46.79µg (66.85%), Vitamin B3: 8.99mg (44.96%), Vitamin B2: 0.54mg (31.83%), Phosphorus: 313.42mg (31.34%), Vitamin B6: 0.62mg (31.09%), Vitamin B1: 0.4mg (26.94%), Iron: 3.47mg (19.3%), Manganese: 0.38mg (19.16%), Vitamin B5: 1.78mg (17.81%), Folate: 69.69µg (17.42%), Zinc: 2.55mg (16.99%), Vitamin B12: 0.96µg (16.01%), Magnesium: 56.03mg (14.01%), Vitamin K: 14.38µg (13.7%), Potassium: 468.56mg (13.39%), Fiber: 2.54g (10.17%), Copper: 0.18mg (8.83%), Vitamin A: 324.23IU (6.48%), Calcium: 51.41mg (5.14%), Vitamin E: 0.76mg (5.04%)