



Picnic Fried Chicken

READY IN



45 min.

SERVINGS



6

CALORIES



1590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound roasting chickens whole
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 cups milk
- ☐ 2 teaspoons pepper
- ☐ 2 tablespoons salt
- ☐ 2 teaspoons salt
- ☐ 3 cups shortening

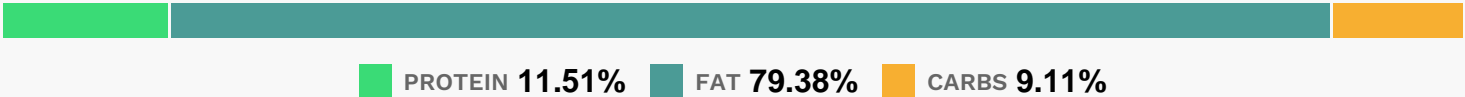
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Rinse chicken with cold water; pat dry, and set aside.
- ☐ Whisk together milk and egg in a bowl.
- ☐ Combine flour, 2 tablespoons salt, and pepper in a heavy-duty zip-top plastic bag.
- ☐ Dip 2 chicken pieces in milk mixture.
- ☐ Place in plastic bag; seal and shake to coat.
- ☐ Remove chicken; repeat procedure with remaining pieces.
- ☐ Melt shortening in a Dutch oven over medium heat; heat to 35
- ☐ Fry chicken, in batches, 10 minutes on each side or until done and golden brown.
- ☐ Drain on paper towels.
- ☐ Sprinkle evenly with 2 teaspoons salt.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:24.53, Inflammation Score:-9, Nutrition Score:31.273043425187%

Nutrients (% of daily need)

Calories: 1590.35kcal (79.52%), Fat: 140.45g (216.08%), Saturated Fat: 37.21g (232.55%), Carbohydrates: 36.28g (12.09%), Net Carbohydrates: 34.99g (12.72%), Sugar: 4.06g (4.51%), Cholesterol: 230.6mg (76.87%), Sodium: 3300.76mg (143.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.82g (91.63%), Vitamin B3: 16.75mg (83.73%), Selenium: 43.88µg (62.68%), Vitamin K: 56.02µg (53.35%), Phosphorus: 508.93mg (50.89%), Vitamin

B12: 2.7µg (44.98%), Vitamin B2: 0.73mg (43.23%), Vitamin E: 6.44mg (42.96%), Vitamin A: 2041.31IU (40.83%), Vitamin B6: 0.79mg (39.57%), Vitamin B5: 3.57mg (35.69%), Vitamin B1: 0.53mg (35.16%), Folate: 137.67µg (34.42%), Iron: 5.27mg (29.26%), Zinc: 3.57mg (23.83%), Manganese: 0.44mg (22.12%), Potassium: 620.25mg (17.72%), Magnesium: 63.09mg (15.77%), Calcium: 138.93mg (13.89%), Copper: 0.21mg (10.53%), Vitamin D: 1.06µg (7.08%), Vitamin C: 5.3mg (6.42%), Fiber: 1.29g (5.17%)