



## Ramen-Crusted Fried Chicken

READY IN



120 min.

SERVINGS



3

CALORIES



6565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup buttermilk
- 2 cups cabbage shredded for serving
- 2 pounds strips. with bone ( 6 thighs)
- 2 packages japanese ramen noodles instant
- 1 optional: lemon for serving cut into wedges,
- 2 quarts vegetable oil; peanut oil preferred
- 2 tablespoons soya sauce

### Equipment

- baking sheet
- oven
- wire rack
- blender
- kitchen thermometer
- wok
- dutch oven

## Directions

- Thoroughly mix contents of one seasoning packet, buttermilk, and soy sauce.
- Place chicken pieces in zipper-lock bag and add buttermilk mixture. Seal bag, squeezing out as much air as possible.
- Let chicken rest at least 4 hours and up to overnight.
- Crush two ramen bricks by hand into rough 1/4- to 1/8th-inch pieces.
- Transfer 3/4 of ramen pieces to a blender and blend until texture resembles coarse meal.
- Combine the ramen meal and ramen pieces in a wide, shallow dish. Take thighs one at a time from the buttermilk, allowing excess buttermilk to drip off and dredge them heavily in the ramen pieces. Carefully transfer to a wire rack set in a rimmed baking sheet.
- Adjust oven rack to center position and preheat oven to 300°F.
- Heat oil in a large Dutch oven or wok to 325°F. Carefully transfer chicken pieces to oil and fry until golden brown on first side, about 3 minutes. Carefully flip and fry on second side until golden brown, about 2 minutes longer.
- Transfer to a wire rack set in a rimmed baking sheet and transfer to oven. Roast until chicken registers 170°F on an instant read thermometer, about 10 minutes. Dust finished chicken with remaining seasoning packet.
- Serve immediately with cabbage and lemon wedges.

## Nutrition Facts

    
 PROTEIN 3.59%  FAT 93.57%  CARBS 2.84%

## Properties

Glycemic Index:54.17, Glycemic Load:18.85, Inflammation Score:-8, Nutrition Score:39.240000061367%

## Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 6565.39kcal (328.27%), Fat: 692.8g (1065.85%), Saturated Fat: 125.99g (787.47%), Carbohydrates: 47.33g (15.78%), Net Carbohydrates: 43.75g (15.91%), Sugar: 7.39g (8.21%), Cholesterol: 305.15mg (101.72%), Sodium: 2150.02mg (93.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.87g (119.74%), Vitamin E: 100.72mg (671.48%), Selenium: 65.55µg (93.65%), Vitamin B3: 17.05mg (85.25%), Phosphorus: 646.71mg (64.67%), Vitamin B6: 1.23mg (61.3%), Vitamin B1: 0.89mg (59.63%), Vitamin K: 49.7µg (47.34%), Vitamin C: 36.33mg (44.04%), Vitamin B2: 0.73mg (42.8%), Vitamin B12: 2.44µg (40.75%), Vitamin B5: 3.75mg (37.45%), Zinc: 4.79mg (31.91%), Iron: 5.23mg (29.07%), Potassium: 983.8mg (28.11%), Folate: 103.29µg (25.82%), Manganese: 0.48mg (24.1%), Magnesium: 91.77mg (22.94%), Calcium: 163.05mg (16.31%), Copper: 0.31mg (15.56%), Fiber: 3.57g (14.3%), Vitamin D: 1.34µg (8.95%), Vitamin A: 428.32IU (8.57%)