



WHATSheATE



Refried Popeye's (A.K.A. Extra Crispy Popeye's Fried Chicken)



Gluten Free



Dairy Free



Low Fod Map

READY IN



1455 min.

SERVINGS



4

CALORIES



2325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 servings chicken



1 quart vegetable oil

Equipment



paper towels



wok

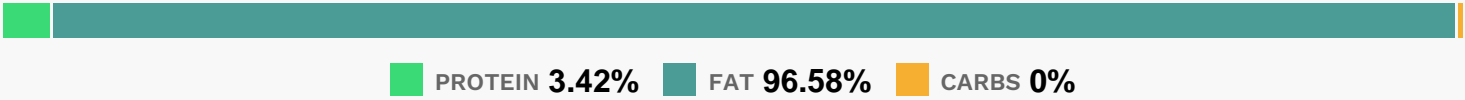


dutch oven

Directions

- ☐ Refrigerate fried chicken overnight. The next day, heat oil in a large dutch oven, wok, or chicken fryer to 350°F. Carefully add half the chicken, or as much as can comfortably fit in a single layer. Cook, turning frequently until re-crisped and heated through.
- ☐ Transfer to a large plate lined with paper towels. Repeat with remaining chicken.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:15.699565156646%

Nutrients (% of daily need)

Calories: 2324.67kcal (116.23%), Fat: 252.93g (389.12%), Saturated Fat: 40.76g (254.73%), Carbohydrates: 0g (0%), Net Carbohydrates: 0g (0%), Sugar: 0g (0%), Cholesterol: 81.36mg (27.12%), Sodium: 75.94mg (3.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.18g (40.35%), Vitamin K: 436.71µg (415.92%), Vitamin E: 19.68mg (131.19%), Vitamin B3: 7.38mg (36.89%), Selenium: 15.62µg (22.32%), Vitamin B6: 0.38mg (18.98%), Phosphorus: 159.47mg (15.95%), Vitamin B5: 0.99mg (9.87%), Zinc: 1.42mg (9.47%), Vitamin B2: 0.13mg (7.66%), Potassium: 205.03mg (5.86%), Iron: 1.02mg (5.69%), Vitamin B12: 0.34µg (5.6%), Magnesium: 21.7mg (5.42%), Vitamin B1: 0.07mg (4.34%), Vitamin A: 151.87IU (3.04%), Copper: 0.05mg (2.6%), Vitamin C: 1.74mg (2.1%), Folate: 6.51µg (1.63%), Vitamin D: 0.22µg (1.45%), Calcium: 11.93mg (1.19%), Manganese: 0.02mg (1.03%)