

## Roy Rogers Crispy Fried Chicken - Copycat

READY IN



25 min.

SERVINGS



1

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 serving vegetable oil for deep-fryer
- ☐ 0.5 teaspoon accent seasoning (msg)
- ☐ 0.1 teaspoon paprika
- ☐ 2 tablespoons flour
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon onion powder
- ☐ 0.5 tablespoon cornstarch
- ☐ 0.3 teaspoon powdered sugar

- ☐ 3 tablespoons milk
- ☐ 3 skin-on chicken drumsticks
- ☐ 0.5 teaspoon powdered egg whites

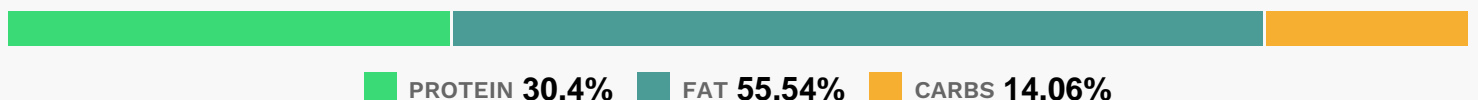
## Equipment

- ☐ paper towels
- ☐ whisk
- ☐ mixing bowl
- ☐ deep fryer

## Directions

- ☐ Pre-heat your deep fryer to 375°. In a mixing bowl, blend egg whites and milk with a wire whisk -- set aside.(Make sure they're mixed thoroughly--somewhat "frothy").
- ☐ Measure dry ingredients into a gallon sized Zip Lock type bag, close, and shake well to mix.
- ☐ Generously coat the drumsticks with the milk-egg mixture, and place them in the bag of seasonings. (I recommend doing 3 at a time) Then shake the bag until well coated.
- ☐ Drop into deep fryer and allow to cook 15 minutes. (Fry no more than 9 at a time -- and if cooking 9, go 18-22 min, eyeball 'em) When the drumsticks are done, they will be a dark golden brown.
- ☐ Remove crispy chicken and drain on a paper towel lined plate. CAUTION! They will be very HOT, so allow them to cool 5-8 minutes before serving.
- ☐ Note: You can remove the skin for "skinless crispy chicken" if you prefer.
- ☐ Note 2: Try this coating recipe and cooking method with CHICKEN TENDERS. Just cut up boneless breasts into bite sized pieces, coat with milk-egg/seasoning and deep fry.
- ☐ Note 3: You can also use this coating and cooking method for wings, thighs, breasts etc. Just be sure to coat well and adjust cooking time for the different sizes of chicken.

## Nutrition Facts



## Properties

Glycemic Index:165, Glycemic Load:9.24, Inflammation Score:-5, Nutrition Score:23.989565121739%

Nutrients (% of daily need)

Calories: 604.55kcal (30.23%), Fat: 36.86g (56.72%), Saturated Fat: 8.62g (53.87%), Carbohydrates: 21.01g (7%), Net Carbohydrates: 19.1g (6.95%), Sugar: 2.99g (3.33%), Cholesterol: 214.36mg (71.45%), Sodium: 2612.36mg (113.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.4g (90.8%), Selenium: 53.45µg (76.36%), Vitamin B3: 12.09mg (60.46%), Vitamin K: 48.78µg (46.46%), Phosphorus: 449.56mg (44.96%), Vitamin B6: 0.83mg (41.33%), Vitamin B2: 0.6mg (35.07%), Zinc: 4.77mg (31.8%), Vitamin B5: 2.65mg (26.48%), Vitamin B12: 1.5µg (24.94%), Vitamin B1: 0.34mg (22.37%), Manganese: 0.41mg (20.6%), Potassium: 673.35mg (19.24%), Iron: 3.25mg (18.05%), Magnesium: 65.85mg (16.46%), Vitamin E: 2.14mg (14.29%), Calcium: 129.65mg (12.96%), Folate: 41.16µg (10.29%), Copper: 0.2mg (10.04%), Fiber: 1.9g (7.62%), Vitamin A: 347.91IU (6.96%), Vitamin D: 0.72µg (4.81%)