



Skillet-Fried Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



985 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.5 lb chicken whole
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon paprika
- ☐ 0.5 teaspoon pepper
- ☐ 1.5 teaspoons salt
- ☐ 6 servings vegetable oil

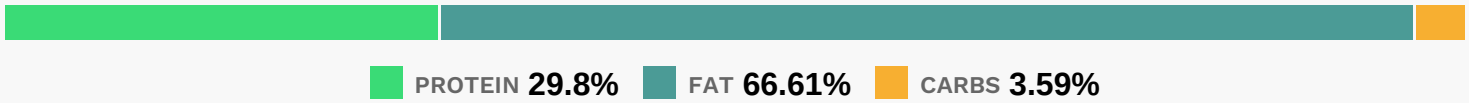
Equipment

- ☐ frying pan

Directions

- ☐ In shallow dish, mix flour, paprika, salt and pepper. Coat chicken with flour mixture.
- ☐ In 12-inch nonstick skillet, heat oil (1/4 inch) over medium-high heat. Cook chicken in oil, skin sides down, about 10 minutes or until light brown on all sides; reduce heat to low. Turn chicken skin sides up.
- ☐ Simmer uncovered about 20 minutes, without turning, until juice of chicken is clear when thickest part is cut to bone (170F for breasts; 180F for thighs and legs).

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:5.8, Inflammation Score:-7, Nutrition Score:27.684347608815%

Nutrients (% of daily need)

Calories: 984.57kcal (49.23%), Fat: 71.64g (110.21%), Saturated Fat: 18.6g (116.25%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 7.95g (2.89%), Sugar: 0.15g (0.17%), Cholesterol: 285.76mg (95.25%), Sodium: 849.12mg (36.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.13g (144.26%), Vitamin B3: 26.65mg (133.24%), Selenium: 58.48µg (83.54%), Vitamin B6: 1.36mg (68.18%), Phosphorus: 575.27mg (57.53%), Vitamin B5: 3.54mg (35.44%), Zinc: 5.12mg (34.12%), Vitamin K: 32.7µg (31.14%), Vitamin B2: 0.52mg (30.78%), Iron: 4.18mg (23.24%), Vitamin A: 1108.97IU (22.18%), Potassium: 760.2mg (21.72%), Vitamin B1: 0.31mg (20.96%), Magnesium: 80.87mg (20.22%), Vitamin B12: 1.18µg (19.69%), Vitamin E: 2.64mg (17.57%), Folate: 42.52µg (10.63%), Copper: 0.21mg (10.44%), Manganese: 0.18mg (9.24%), Vitamin C: 6.11mg (7.4%), Vitamin D: 0.76µg (5.08%), Calcium: 47.24mg (4.72%), Fiber: 0.73g (2.92%)