



Skillet Fried Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound meat from a rotisserie chicken cut into 8 pieces, backbone removed
- ☐ 1.5 cups flour all-purpose
- ☐ 4 servings lemon wedges for serving
- ☐ 1 teaspoon paprika
- ☐ 1.5 teaspoons pepper freshly ground
- ☐ 2.5 teaspoons salt
- ☐ 4 servings vegetable oil for frying

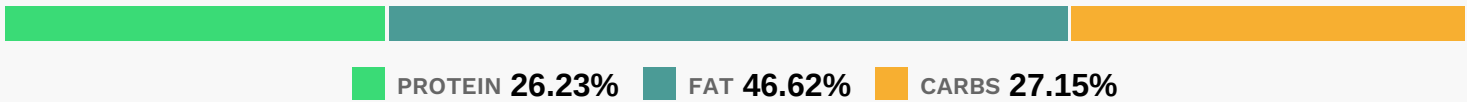
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

Directions

- ☐ In a large, shallow bowl, toss the flour with the salt, pepper and paprika. Dredge the chicken pieces in the flour and arrange them without touching on a baking sheet. Refrigerate for 3 to 4 hours.
- ☐ In each of 2 large cast-iron skillets, heat 1/2 inch of oil until shimmering. Fry the chicken pieces, skin side up, over moderately high heat, turning often, until golden brown and crisp, 25 to 30 minutes; reduce the heat to moderately low to keep the chicken at a steady sizzle.
- ☐ Transfer the chicken to a rack set over a sheet pan to drain, then serve hot with lemon wedges.
- ☐ Wine Recommendation: This juicy, lemon-accented chicken can be dramatically set off with a lighter
- ☐ Sauternes from the Barsac appellation, such as the 1989 Chteau Coutet or the 1988 Chteau Doisy Dane.

Nutrition Facts



Properties

Glycemic Index:36.88, Glycemic Load:26, Inflammation Score:-6, Nutrition Score:18.41695684972%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 550.04kcal (27.5%), Fat: 27.94g (42.99%), Saturated Fat: 7.56g (47.24%), Carbohydrates: 36.61g (12.2%), Net Carbohydrates: 34.96g (12.71%), Sugar: 0.21g (0.23%), Cholesterol: 122.47mg (40.82%), Sodium: 1569.18mg (68.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.37g (70.75%), Vitamin B3: 13.93mg (69.66%), Selenium: 39.48µg (56.4%), Vitamin B1: 0.47mg (31.25%), Vitamin B6: 0.61mg (30.29%), Phosphorus: 293.58mg

(29.36%), Vitamin B2: 0.44mg (25.6%), Folate: 96.06µg (24.02%), Manganese: 0.46mg (22.92%), Iron: 3.84mg (21.34%), Vitamin B5: 1.72mg (17.16%), Zinc: 2.5mg (16.68%), Magnesium: 45.26mg (11.32%), Potassium: 381.83mg (10.91%), Vitamin A: 479.2IU (9.58%), Vitamin K: 9.37µg (8.92%), Vitamin B12: 0.51µg (8.44%), Copper: 0.16mg (8.05%), Fiber: 1.66g (6.63%), Vitamin E: 0.9mg (6.01%), Vitamin C: 3.15mg (3.81%), Calcium: 30.62mg (3.06%), Vitamin D: 0.33µg (2.18%)