



Southern fried chicken

READY IN



50 min.

SERVINGS



8

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 chicken thighs skinless
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- ☐ 200 ml milk
- ☐ 200 g self raising flour
- ☐ 1 large pinch ground pepper
- ☐ 6 tbsp vegetable oil; peanut oil preferred
- ☐ 8 servings bell pepper (see recipes below)

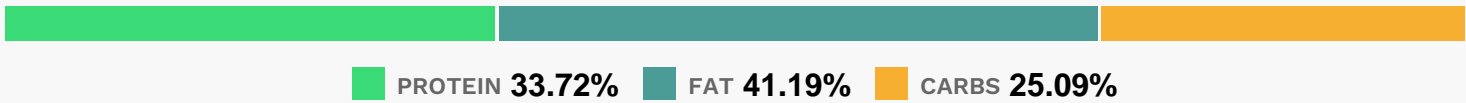
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ ziploc bags
- ☐ skewers
- ☐ tongs

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put the chicken in a bowl and pour over the milk. Tip the flour and spices into a large plastic bag and add a large pinch of salt and a good grinding of pepper.
- ☐ Heat half the oil in a large frying pan. Take half of the chicken out of the milk, shake off any excess and put in the bag of seasoned flour. Hold the top closed and shake well. Lift the pieces out and shake off any excess, but dont do this too hard or youll end up with no coating. Lower the pieces into the oil and fry on each side until golden and crisp dont overdo it as the chicken is being baked next and will brown further. Use tongs to turn the chicken and try not to tear the coating.
- ☐ Transfer to a rack set in a roasting tin. Repeat with the rest of the chicken.
- ☐ Bake for 30 mins until cooked check one drumstick and one thigh with a skewer cook for longer if you need to.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:13.14, Inflammation Score:-9, Nutrition Score:23.447391224944%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 383.79kcal (19.19%), Fat: 17.39g (26.75%), Saturated Fat: 3.74g (23.39%), Carbohydrates: 23.84g (7.95%), Net Carbohydrates: 21.67g (7.88%), Sugar: 4.45g (4.94%), Cholesterol: 137.59mg (45.86%), Sodium: 147.63mg (6.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.03g (64.05%), Vitamin C: 95.37mg (115.6%), Selenium: 42.33µg (60.47%), Vitamin A: 2413.82IU (48.28%), Vitamin B3: 8.88mg (44.42%), Vitamin B6: 0.86mg (42.77%), Phosphorus: 334.39mg (33.44%), Vitamin B2: 0.37mg (21.79%), Vitamin B5: 2.13mg (21.3%), Vitamin E: 3.14mg (20.94%), Zinc: 2.86mg (19.09%), Vitamin B12: 1.03µg (17.09%), Potassium: 570.36mg (16.3%), Manganese: 0.31mg (15.3%), Vitamin B1: 0.2mg (13.51%), Magnesium: 50.63mg (12.66%), Folate: 48.26µg (12.06%), Iron: 1.66mg (9.2%), Fiber: 2.17g (8.67%), Vitamin K: 8.04µg (7.65%), Copper: 0.14mg (7.07%), Calcium: 53.88mg (5.39%), Vitamin D: 0.28µg (1.89%)