



Southern Fried Chicken



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.7 cups flour all-purpose
- ☐ 2 teaspoons salt divided
- ☐ 8 servings vegetable oil
- ☐ 6 pound broiler-fryers
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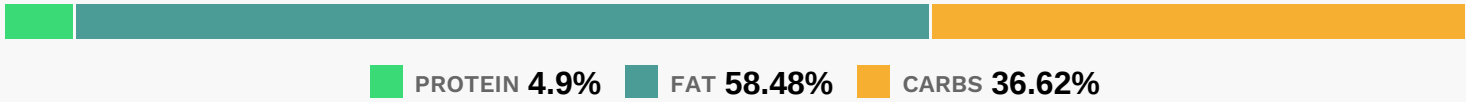
Equipment

- ☐ paper towels

Directions

- ☐ Rub chicken pieces with 1 teaspoon salt; set aside.
- ☐ Combine flour, baking powder, and remaining 1 teaspoon salt in a plastic or paper bag; shake to mix well.
- ☐ Place 2 or 3 pieces of chicken in bag; shake well. Repeat procedure with remaining chicken.
- ☐ Heat 3 to 4 inches of oil to 375; add chicken, and fry until golden brown.
- ☐ Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:14.57, Inflammation Score:-2, Nutrition Score:5.26826085733333%

Nutrients (% of daily need)

Calories: 218.95kcal (10.95%), Fat: 14.26g (21.93%), Saturated Fat: 2.18g (13.6%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 19.38g (7.05%), Sugar: 0.07g (0.08%), Cholesterol: 0mg (0%), Sodium: 661.39mg (28.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin K: 25.82µg (24.59%), Vitamin B1: 0.2mg (13.63%), Selenium: 8.83µg (12.62%), Folate: 47.66µg (11.91%), Manganese: 0.18mg (8.96%), Vitamin E: 1.16mg (7.74%), Vitamin B3: 1.54mg (7.69%), Vitamin B2: 0.13mg (7.57%), Iron: 1.3mg (7.22%), Calcium: 48.34mg (4.83%), Phosphorus: 44.56mg (4.46%), Fiber: 0.7g (2.82%), Copper: 0.04mg (1.9%), Magnesium: 5.95mg (1.49%), Zinc: 0.18mg (1.23%), Vitamin B5: 0.11mg (1.14%)