



Southern Fried Chicken

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup flour all-purpose
- 6 servings pepper black to taste
- 1 teaspoon paprika
- 6 servings salt to taste
- 1 quart vegetable oil for frying
- 3 pound chicken whole cut into pieces

Equipment

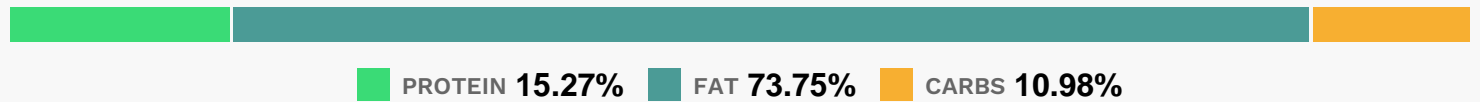
- frying pan

paper towels

Directions

- Season chicken pieces with salt, pepper, and paprika.
- Roll in flour.
- Add 1/2 to 3/4 inch oil to a large, heavy skillet.
- Heat to approximately 365 degrees F (185 degrees C).
- Place chicken pieces in hot oil. Cover, and fry until golden, turning once, 15 to 20 minutes.
- Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:11.52, Inflammation Score:-5, Nutrition Score:13.554782696392%

Nutrients (% of daily need)

Calories: 589.94kcal (29.5%), Fat: 48.19g (74.14%), Saturated Fat: 9.54g (59.65%), Carbohydrates: 16.14g (5.38%), Net Carbohydrates: 15.44g (5.61%), Sugar: 0.09g (0.1%), Cholesterol: 81.65mg (27.22%), Sodium: 270.66mg (11.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.46g (44.92%), Vitamin K: 60.14µg (57.27%), Vitamin B3: 8.67mg (43.34%), Selenium: 22.77µg (32.52%), Vitamin E: 3.02mg (20.12%), Vitamin B6: 0.4mg (19.88%), Phosphorus: 183.73mg (18.37%), Vitamin B1: 0.23mg (15.34%), Vitamin B2: 0.24mg (13.99%), Iron: 2.03mg (11.3%), Folate: 44.84µg (11.21%), Vitamin B5: 1.09mg (10.92%), Zinc: 1.59mg (10.59%), Manganese: 0.18mg (9.07%), Magnesium: 27.13mg (6.78%), Potassium: 237.01mg (6.77%), Vitamin A: 317.13IU (6.34%), Vitamin B12: 0.34µg (5.62%), Copper: 0.09mg (4.31%), Fiber: 0.7g (2.82%), Vitamin C: 1.74mg (2.11%), Calcium: 16.43mg (1.64%), Vitamin D: 0.22µg (1.45%)