



Southern Spicy Fried Chicken

READY IN



150 min.

SERVINGS



10

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 quart buttermilk
- ☐ 1 tablespoon cayenne pepper
- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons garlic powder
- ☐ 10 servings salt and ground pepper black to taste
- ☐ 1 teaspoon paprika
- ☐ 2 tablespoons pepper sauce hot
- ☐ 10 servings vegetable oil for deep frying
- ☐ 3 pound meat from a rotisserie chicken whole cut into pieces

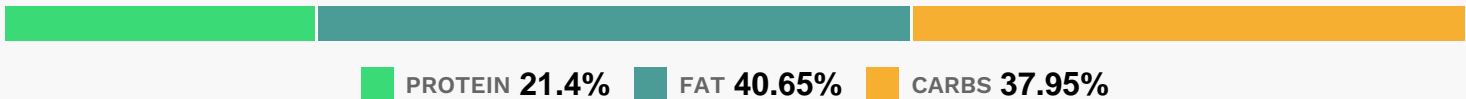
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ ziploc bags

Directions

- ☐ Sprinkle the chicken pieces with salt and pepper, and place them in a deep-sided baking dish.
- ☐ Whisk together the buttermilk, hot pepper sauce, and 1 teaspoon of cayenne pepper in a bowl.
- ☐ Pour the mixture over the chicken, stir to coat all sides of the chicken pieces, and cover the dish with plastic wrap. Refrigerate for about 2 hours to marinate.
- ☐ Remove the chicken pieces from the buttermilk mixture, and shake off excess. Discard the remaining buttermilk mixture.
- ☐ Place the flour, 1 tablespoon of cayenne pepper, garlic powder, paprika, and salt and pepper to taste in a large plastic zipper bag, and shake well to combine.
- ☐ Place 2 or 3 pieces of chicken at a time into the plastic bag, and shake well to coat the chicken pieces with seasoned flour.
- ☐ Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Gently place chicken pieces into the hot oil, and fry until chicken is cooked through and golden brown, 8-10 minutes (breasts and wings) or 13 to 15 minutes (thighs and drumsticks).
- ☐ Drain the fried chicken on paper towels.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:22.22, Inflammation Score:-6, Nutrition Score:13.812173926312%

Nutrients (% of daily need)

Calories: 365.04kcal (18.25%), Fat: 16.27g (25.02%), Saturated Fat: 5.12g (32.02%), Carbohydrates: 34.17g (11.39%), Net Carbohydrates: 32.87g (11.95%), Sugar: 4.84g (5.38%), Cholesterol: 59.4mg (19.8%), Sodium: 215.22mg (9.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.27g (38.54%), Selenium: 25.82µg (36.89%), Vitamin B3: 6.82mg (34.09%), Vitamin B2: 0.44mg (25.68%), Vitamin B1: 0.38mg (25.6%), Phosphorus: 221.98mg (22.2%), Folate: 78.36µg (19.59%), Vitamin B6: 0.31mg (15.5%), Manganese: 0.31mg (15.25%), Iron: 2.49mg (13.86%), Calcium: 123.96mg (12.4%), Vitamin B5: 1.13mg (11.32%), Vitamin A: 558.91IU (11.18%), Vitamin B12: 0.64µg (10.63%), Zinc: 1.52mg (10.14%), Potassium: 318.19mg (9.09%), Vitamin D: 1.36µg (9.07%), Magnesium: 32.66mg (8.16%), Vitamin K: 7.32µg (6.97%), Copper: 0.12mg (5.88%), Fiber: 1.31g (5.22%), Vitamin E: 0.73mg (4.86%), Vitamin C: 3.38mg (4.1%)