



## Southern-Style Buttermilk Fried Chicken

 Popular

READY IN



180 min.

SERVINGS



8

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 cups buttermilk
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 tablespoon dijon mustard
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon garlic powder
- ☐ 1 teaspoon ground pepper black
- ☐ 1 tablespoon onion powder

- ☐ 1 teaspoon salt
- ☐ 5 cups vegetable oil for frying
- ☐ 1 meat from a rotisserie chicken whole cut into pieces

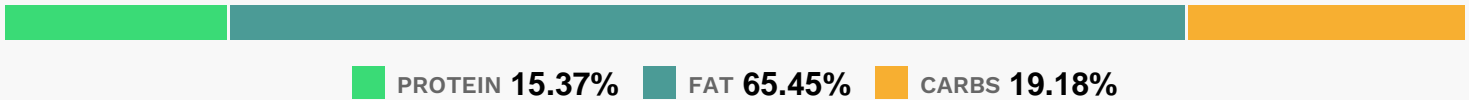
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ ziploc bags

## Directions

- ☐ Whisk together buttermilk, mustard, salt and pepper, and cayenne in a bowl, and pour into a resealable plastic bag.
- ☐ Add the chicken pieces, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 2 to 8 hours.
- ☐ When you are ready to cook the chicken, combine the flour, baking powder, garlic powder, and onion powder in the other plastic bag. Shake to mix thoroughly.
- ☐ Transfer one marinated chicken piece at a time into the dry ingredient bag, and shake well to ensure complete coverage. After all chicken pieces are coated, repeat the process by dipping them in the buttermilk marinade and shaking in the dry coating again.
- ☐ Heat oil in a large frying pan over medium-high heat, making sure not to burn the oil. When oil is hot, fry chicken in batches until golden brown and juices run clear, turning chicken to brown evenly.

## Nutrition Facts



## Properties

Glycemic Index:37.38, Glycemic Load:18.63, Inflammation Score:-6, Nutrition Score:16.730000122734%

## Nutrients (% of daily need)

Calories: 606.22kcal (30.31%), Fat: 44.01g (67.71%), Saturated Fat: 9.47g (59.18%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 27.73g (10.08%), Sugar: 3.15g (3.5%), Cholesterol: 78.01mg (26%), Sodium: 601.95mg (26.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.26g (46.51%), Vitamin K: 52.49µg (49.99%), Vitamin B3: 8.42mg (42.1%), Selenium: 27.57µg (39.38%), Phosphorus: 267.7mg (26.77%), Vitamin B1: 0.34mg (22.91%), Vitamin B2: 0.38mg (22.23%), Vitamin B6: 0.4mg (19.98%), Calcium: 179.29mg (17.93%), Vitamin E: 2.67mg (17.79%), Folate: 67.37µg (16.84%), Manganese: 0.3mg (15.02%), Iron: 2.66mg (14.79%), Vitamin B5: 1.25mg (12.54%), Zinc: 1.78mg (11.88%), Vitamin B12: 0.57µg (9.52%), Potassium: 326.48mg (9.33%), Magnesium: 35.8mg (8.95%), Vitamin A: 339.03IU (6.78%), Vitamin D: 0.97µg (6.47%), Copper: 0.12mg (6.11%), Fiber: 1.28g (5.13%), Vitamin C: 1.94mg (2.35%)