



Southern-Style Fried Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



720 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 0.5 cup buttermilk
- ☐ 4 servings chicken
- ☐ 32 ounces chicken breast halves whole skinless cut into serving pieces ()
- ☐ 2 large eggs beaten
- ☐ 1.5 cups flour
- ☐ 1.5 teaspoons salt
- ☐ 4 servings shortening for frying

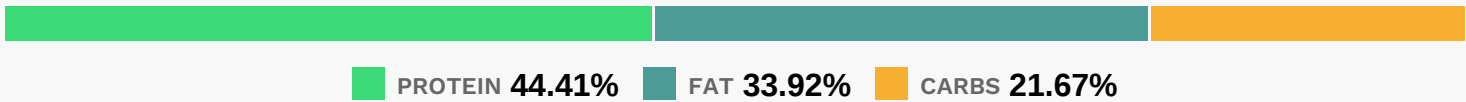
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Rinse chicken and pat dry with paper towels.
- ☐ Place shortening in a large cast-iron skillet and heat to 350°F. Melted shortening should be 1/2 inch deep.
- ☐ In a shallow bowl, whip together buttermilk and eggs. In another shallow bowl, combine flour, salt, and pepper. Dip chicken pieces in egg mixture, then dredge in seasoned flour. Carefully place about half of the chicken pieces in hot shortening. (The temperature of the shortening will drop when you add the chicken; try to maintain a temperature of 325°F.) Fry chicken until golden brown on all sides or until each piece reaches an internal temperature of 160°F, turning the chicken several times to prevent burned spots. This will take about 10 minutes for skinless breasts and 20 minutes for pieces with skin and bones.
- ☐ Drain cooked chicken on a rack, then keep warm in a 200°F oven while frying remaining chicken.
- ☐ Serve with chicken velouté.
- ☐ From The Delta Queen Cookbook by Cynthia LeJeune Nobles, © 2012 Louisiana State University Press

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:26.39, Inflammation Score:-7, Nutrition Score:32.350434655729%

Nutrients (% of daily need)

Calories: 719.78kcal (35.99%), Fat: 26.26g (40.4%), Saturated Fat: 7.44g (46.52%), Carbohydrates: 37.73g (12.58%), Net Carbohydrates: 36.34g (13.22%), Sugar: 1.69g (1.87%), Cholesterol: 322.81mg (107.6%), Sodium: 1279.12mg (55.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 77.33g (154.67%), Vitamin B3: 33.85mg (169.26%), Selenium: 112.9µg (161.28%), Vitamin B6: 2.15mg (107.69%), Phosphorus: 762.15mg (76.22%), Vitamin B5: 4.93mg (49.3%), Vitamin B2: 0.76mg (44.43%), Vitamin B1: 0.6mg (40.19%), Potassium: 1176.15mg (33.6%), Folate: 114.7µg (28.67%), Iron: 4.49mg (24.96%), Magnesium: 97.85mg (24.46%), Zinc: 3.51mg (23.4%), Manganese: 0.45mg (22.43%), Vitamin B12: 1.15µg (19.17%), Copper: 0.21mg (10.68%), Vitamin D: 1.33µg (8.89%), Calcium: 81.56mg (8.16%), Vitamin A: 407.15IU (8.14%), Vitamin E: 1.09mg (7.24%), Fiber: 1.39g (5.57%), Vitamin C: 4.46mg (5.4%), Vitamin K: 3.31µg (3.15%)