



Southern-Style Fried Chicken with Garlic Mashed Potatoes

READY IN



162 min.

SERVINGS



6

CALORIES



674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 2 tablespoons butter
- 3 cups buttermilk
- 1 teaspoon cayenne pepper
- 12 skin-on chicken drumsticks
- 2 cups flour all-purpose
- 4 cloves garlic peeled
- 1 teaspoon garlic powder

- 0.3 cup milk
- 1 teaspoon oregano dried
- 0.3 cup pepper sauce hot
- 2 pounds russet potatoes scrubbed chopped
- 0.5 teaspoon salt
- 2 tablespoons sugar
- 6 servings vegetable oil for frying

Equipment

- bowl
- frying pan
- paper towels
- oven
- pot
- hand mixer
- ziploc bags

Directions

- For brine, combine the chicken, buttermilk, hot pepper sauce, the 3 tablespoons salt, and sugar in a large resealable plastic bag set in a bowl; seal bag. Refrigerate for 2 to 4 hours.
- Pour 1 1/2 inches vegetable oil into a deep, heavy skillet or a deep-fat fryer.
- Heat oil to 350 degrees F.
- [Cleaning tip: Wipe off any chicken juice or egg that may have spilled on the countertop with Clorox® Disinfecting Wipes**. Rinse hands once complete.]
- While oil heats, combine flour, cayenne pepper, garlic powder, oregano, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a large bowl.
- Remove chicken from buttermilk and coat evenly with flour mixture.
- Fry chicken, half at a time, in hot oil for 12 to 15 minutes or until meat is no longer pink and breading is golden brown.

- Drain on paper towels. If desired, keep fried chicken warm in a preheated 300 degree F oven while frying remaining chicken pieces.
- Serve chicken with Garlic Mashed Potatoes.
- For Garlic Mashed Potatoes: Peel potatoes if desired.
- Place potatoes and garlic into a large pot and cover with water; stir in 1 teaspoon salt. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
- Drain.
- Place drained potatoes and garlic, milk, butter, 1/2 teaspoon salt, and 1/2 teaspoon pepper in a large bowl.
- Mix well with an electric mixer on medium speed until smooth.
- [Cleaning tip: Wipe off any meat residue or egg spills on the countertop with Clorox® Disinfecting Wipes**. Rinse hands once complete.]

Nutrition Facts

PROTEIN 23.1% **FAT 34.37%** **CARBS 42.53%**

Properties

Glycemic Index:75.47, Glycemic Load:49.54, Inflammation Score:-8, Nutrition Score:28.788695521977%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 674.08kcal (33.7%), Fat: 25.62g (39.41%), Saturated Fat: 9.14g (57.09%), Carbohydrates: 71.33g (23.78%), Net Carbohydrates: 67.85g (24.67%), Sugar: 11.6g (12.89%), Cholesterol: 163.76mg (54.59%), Sodium: 784.73mg (34.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.75g (77.5%), Selenium: 49.27µg (70.38%), Vitamin B3: 11.56mg (57.8%), Vitamin B6: 1.15mg (57.66%), Phosphorus: 500.87mg (50.09%), Vitamin B2: 0.75mg (43.98%), Vitamin B1: 0.65mg (43.18%), Potassium: 1232.75mg (35.22%), Manganese: 0.64mg (32.05%), Zinc: 4.21mg (28.06%), Folate: 110.17µg (27.54%), Vitamin B5: 2.73mg (27.34%), Iron: 4.5mg (25.02%), Vitamin B12: 1.45µg (24.13%), Magnesium: 90.62mg (22.66%), Vitamin C: 16.99mg (20.59%), Calcium: 204.2mg (20.42%), Copper: 0.36mg (17.78%), Vitamin K: 15.39µg (14.65%), Fiber: 3.48g (13.93%), Vitamin D: 1.82µg (12.16%), Vitamin A: 563.92IU (11.28%), Vitamin E: 0.93mg (6.22%)