



Spicy Curried Fried Chicken

READY IN



15 min.

SERVINGS



4

CALORIES



804 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups baking mix all-purpose
- 4 servings barbecue sauce
- 4 servings canola oil
- 3.5 lb chicken whole
- 1.5 teaspoons garam masala
- 1 teaspoon pepper
- 0.3 cup sesame seed
- 4 servings yogurt

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- wire rack
- baking pan
- aluminum foil

Directions

- Place chicken in a 13- x 9-inch baking dish; pour Spicy Yogurt Marinade over chicken, turning to coat. Cover and chill at least 3 hours or overnight, turning occasionally.
- Remove chicken from marinade, and place on a wire rack on an aluminum foil-lined baking sheet; let stand 10 minutes.
- Stir together baking mix and next 3 ingredients in a large bowl; toss chicken in mixture until coated, shaking off excess. Repeat coating process. Return chicken to rack; let stand 15 minutes.
- Pour oil to a depth of 1 inch in a large, heavy skillet; heat to 35
- (Temperature will reduce as chicken is added. For best results, keep temperature between 300 and 325.) Fry wings 6 minutes; turn and cook 6 more minutes.
- Remove wings to a rack on an aluminum foil-lined baking sheet. Keep warm in a 200 oven. Fry remaining chicken, 2 pieces at a time, skin sides down, 6 minutes; turn and cook 6 more minutes. Turn pieces; cover and cook 6 minutes or until done, turning during the last 3 minutes for even browning, if necessary. (Chicken pieces will be very dark.)
- Remove to wire rack; let stand 5 minutes.
- Serve with Minted Mango Dipping Sauce.
- Spicy Curried Fried Shrimp: Substitute 2 lb. peeled and deveined jumbo shrimp for chicken; proceed as directed. Fry shrimp, in batches, at 350 for 3 minutes or until golden; drain on paper towels.

Nutrition Facts

PROTEIN 20.75% FAT 62.99% CARBS 16.26%

Properties

Glycemic Index:21.5, Glycemic Load:0.58, Inflammation Score:-6, Nutrition Score:25.102173877799%

Nutrients (% of daily need)

Calories: 804.16kcal (40.21%), Fat: 55.98g (86.12%), Saturated Fat: 11.92g (74.52%), Carbohydrates: 32.52g (10.84%), Net Carbohydrates: 29.82g (10.84%), Sugar: 5.66g (6.29%), Cholesterol: 143.91mg (47.97%), Sodium: 720.31mg (31.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.49g (82.97%), Vitamin B3: 15.58mg (77.89%), Phosphorus: 623.86mg (62.39%), Selenium: 35.17µg (50.24%), Vitamin B6: 0.8mg (40.11%), Copper: 0.68mg (33.92%), Vitamin B1: 0.47mg (31.53%), Manganese: 0.56mg (28.09%), Vitamin B2: 0.46mg (27%), Iron: 4.84mg (26.86%), Zinc: 3.75mg (24.99%), Magnesium: 94.33mg (23.58%), Calcium: 227.14mg (22.71%), Vitamin B5: 2.15mg (21.5%), Vitamin E: 3.13mg (20.83%), Folate: 79.98µg (20%), Vitamin K: 16.6µg (15.81%), Potassium: 502.43mg (14.36%), Vitamin B12: 0.77µg (12.83%), Fiber: 2.7g (10.78%), Vitamin A: 275.6IU (5.51%), Vitamin C: 3.19mg (3.87%), Vitamin D: 0.38µg (2.55%)