



Spicy Fried Chicken Bites with Derby Dip

READY IN



163 min.

SERVINGS



6

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 strips bacon
- 1 teaspoon pepper black freshly ground
- 0.3 cup cheese blue cut into small pieces room temperature
- 2 cups buttermilk
- 2 cups canola oil
- 2 teaspoons ground pepper
- 1.5 pounds chicken boneless skinless
- 2.5 cups flour all-purpose
- 1 teaspoon garlic powder

- 2 tablespoons hot sauce
- 1 tablespoon mayonnaise
- 2 teaspoons paprika
- 1 tablespoon salt
- 0.8 cup cream sour

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- whisk
- glass baking pan

Directions

- Preheat oven to 375 degrees F.
- Put the bacon onto a baking sheet and bake until crisp about 12 minutes.
- Transfer the bacon to a plate lined with paper towels. Reserve 2 tablespoons of the bacon fat. Once the bacon is cool enough to handle, chop into small pieces.
- Cut the chicken into bite-size pieces. In a large bowl combine the buttermilk, hot sauce, and chicken. Cover and let marinate in refrigerator for at least 2 hours or up to overnight.
- In a glass baking dish, whisk together the flour, cayenne pepper, paprika, garlic powder, and salt and pepper.
- Remove the chicken from the buttermilk and add to the seasoned flour. Make sure all the chicken pieces are thoroughly coated.
- Remove the chicken from the flour mixture and put back into the buttermilk.
- Remove chicken from buttermilk and put back into the seasoned flour mixture for a second coating.
- Transfer the double coated chicken to a baking sheet and reserve.

- Heat the canola oil in a large cast iron skillet to 350 degrees F.
- Add the reserved 2 tablespoons bacon fat. Working in batches, fry the chicken until golden brown, about 3 to 4 minutes per side.
- Transfer the cooked chicken to a sheet pan lined with paper towels.
- In a medium bowl stir together the sour cream, mayonnaise and blue cheese. Stir in the crumbled bacon.
- Serve the chicken with the Derby Dip on the side.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:30.15, Inflammation Score:-8, Nutrition Score:18.950869601706%

Nutrients (% of daily need)

Calories: 649kcal (32.45%), Fat: 41.28g (63.51%), Saturated Fat: 11.27g (70.43%), Carbohydrates: 46.7g (15.57%), Net Carbohydrates: 44.74g (16.27%), Sugar: 5.27g (5.86%), Cholesterol: 81.46mg (27.15%), Sodium: 1586.94mg (69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.16g (44.33%), Selenium: 33.57µg (47.96%), Vitamin B3: 7.67mg (38.33%), Vitamin B1: 0.54mg (35.71%), Vitamin B2: 0.56mg (33.03%), Phosphorus: 276.61mg (27.66%), Folate: 108.03µg (27.01%), Vitamin E: 3.53mg (23.54%), Manganese: 0.45mg (22.53%), Vitamin A: 1051.78IU (21.04%), Iron: 3.32mg (18.43%), Vitamin B6: 0.35mg (17.46%), Vitamin K: 17.95µg (17.1%), Calcium: 170.91mg (17.09%), Vitamin B5: 1.34mg (13.37%), Zinc: 1.87mg (12.5%), Vitamin B12: 0.74µg (12.36%), Potassium: 391.95mg (11.2%), Magnesium: 39.7mg (9.92%), Vitamin D: 1.24µg (8.27%), Fiber: 1.96g (7.85%), Copper: 0.15mg (7.58%), Vitamin C: 4.89mg (5.93%)