



Sweet-Spicy Fried Chicken

 Dairy Free

READY IN



65 min.

SERVINGS



40

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 40 servings canola oil for frying
- 1 teaspoon cayenne pepper
- 1 chile such as fresno fresh red thinly sliced
- 12 small drumsticks skinless
- 1 large egg white
- 0.5 cup flour all-purpose
- 0.5 teaspoon garlic powder
- 0.5 cup whole-grain medium-grind cornmeal

- 1 teaspoon paprika
- 3 tablespoons cayenne pepper sauce such as frank's hot
- 2 tablespoons honey raw
- 0.5 teaspoon salt

Equipment

- bowl
- frying pan
- baking sheet
- whisk
- wire rack
- kitchen thermometer

Directions

- Whisk honey and 2 Tbsp. hot sauce.
- In a dish, mix flour, cornmeal, spices and salt. In a bowl, whisk egg white until soft peaks form. Fold in remaining 1 Tbsp. hot sauce. Coat chicken with egg mixture; dredge in flour mixture.
- Place on a baking sheet.
- Set a wire rack over a baking sheet. Fill a cast-iron skillet with 1/2 inch oil (about 1 1/2 cups); attach a deep-fry thermometer to the side. Warm oil over medium heat until it reaches 360F, about 25 minutes.
- Add 6 drumsticks; cook, turning occasionally and adjusting heat to keep oil at 325F, until a meat thermometer inserted into drumstick registers 165F and chicken is browned, 10 to 12 minutes.
- Let drumsticks drain on wire rack. Return oil to 360F and repeat with remaining chicken.
- Just before serving, drizzle fried chicken with honey mixture and sprinkle with chile.

Nutrition Facts



Properties

Glycemic Index:7.66, Glycemic Load:3.21, Inflammation Score:-1, Nutrition Score:2.7069564992967%

Nutrients (% of daily need)

Calories: 81.74kcal (4.09%), Fat: 4.97g (7.64%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 4.45g (1.62%), Sugar: 0.96g (1.06%), Cholesterol: 20.9mg (6.97%), Sodium: 80.1mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.97%), Selenium: 5.58µg (7.97%), Vitamin B3: 1.34mg (6.7%), Vitamin B6: 0.09mg (4.58%), Phosphorus: 43.42mg (4.34%), Vitamin E: 0.57mg (3.82%), Vitamin B1: 0.05mg (3.27%), Zinc: 0.49mg (3.27%), Vitamin B2: 0.05mg (3.18%), Vitamin C: 2.39mg (2.9%), Vitamin B5: 0.29mg (2.87%), Folate: 10.84µg (2.71%), Vitamin K: 2.83µg (2.7%), Manganese: 0.05mg (2.55%), Iron: 0.38mg (2.1%), Vitamin B12: 0.13µg (2.09%), Potassium: 64.09mg (1.83%), Magnesium: 6.18mg (1.55%), Vitamin A: 68.17IU (1.36%), Copper: 0.03mg (1.27%)