



Sweet Tea-Brined Fried Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons pepper black freshly ground
- ☐ 0.5 cup brown sugar light packed
- ☐ 3.5 lb chicken whole
- ☐ 1 cup self-rising corn meal mix white
- ☐ 4 garlic clove halved
- ☐ 1 teaspoon ground pepper red
- ☐ 2 cups ice cubes
- ☐ 0.3 cup kosher salt

- ☐ 1 optional: lemon thinly sliced
- ☐ 1 tablespoon pepper black
- ☐ 2 cups self raising flour
- ☐ 1 small onion sweet thinly sliced
- ☐ 2 teaspoons salt
- ☐ 2 ginger tea bags
- ☐ 8 servings vegetable oil

Equipment

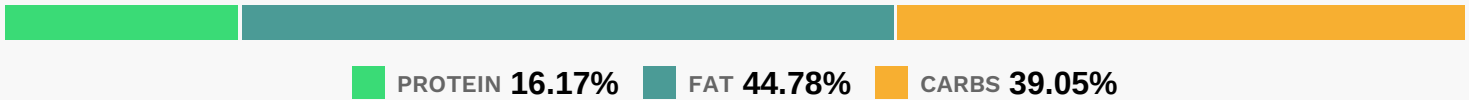
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Bring 4 cups water to a boil in a 3-qt. heavy saucepan; add tea bags.
- ☐ Remove from heat; cover and steep 10 minutes.
- ☐ Discard tea bags. Stir in brown sugar and next 5 ingredients, stirring until sugar dissolves. Cool completely (about 45 minutes); stir in ice. (
- ☐ Mixture should be cold before adding to chicken.)
- ☐ Cut chicken breasts in half crosswise.
- ☐ Place tea mixture and all chicken pieces in a large zip-top plastic freezer bag; seal.
- ☐ Place bag in a shallow baking dish, and chill 24 hours.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Drain chicken well.

- ☐ Whisk together flour and next 4 ingredients in a medium bowl. Spoon 1 cup flour mixture into a brown paper bag or large zip-top plastic freezer bag.
- ☐ Place one piece of chicken in bag; seal and shake to coat.
- ☐ Remove chicken, and transfer to a wire rack. Repeat procedure with remaining chicken, adding more flour mixture to bag as needed.
- ☐ Let chicken stand 30 minutes to form a crust.
- ☐ Pour oil to depth of 1 1/2 inches into a cast-iron Dutch oven; heat over medium heat to 32
- ☐ Fry chicken, in batches, 15 to 22 minutes or until browned and done, turning occasionally.
- ☐ Drain on a wire rack over paper towels.
- ☐ Note: If using a 12-inch-wide (2 1/4-inch-deep) cast-iron skillet, pour oil to depth of 1 inch.

Nutrition Facts



Properties

Glycemic Index:27.31, Glycemic Load:15.35, Inflammation Score:-6, Nutrition Score:17.215217237887%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

Nutrients (% of daily need)

Calories: 593.4kcal (29.67%), Fat: 29.67g (45.64%), Saturated Fat: 6.45g (40.3%), Carbohydrates: 58.22g (19.41%), Net Carbohydrates: 54.71g (19.89%), Sugar: 15.9g (17.67%), Cholesterol: 71.44mg (23.81%), Sodium: 4476.8mg (194.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.1g (48.21%), Vitamin B3: 8.04mg (40.19%), Selenium: 26.9µg (38.44%), Manganese: 0.75mg (37.36%), Phosphorus: 329.14mg (32.91%), Vitamin K: 31.3µg (29.81%), Vitamin B6: 0.53mg (26.41%), Folate: 83.96µg (20.99%), Vitamin B1: 0.26mg (17.49%), Iron: 2.78mg (15.43%), Vitamin B2: 0.24mg (14.36%), Fiber: 3.51g (14.03%), Vitamin C: 11.32mg (13.73%), Zinc: 1.94mg (12.95%), Magnesium: 49.68mg (12.42%), Vitamin B5: 1.21mg (12.1%), Calcium: 119.28mg (11.93%), Vitamin E: 1.68mg (11.22%), Potassium: 383.22mg (10.95%), Copper: 0.21mg (10.74%), Vitamin A: 314.82IU (6.3%), Vitamin B12: 0.3µg (4.92%), Vitamin D: 0.19µg (1.27%)