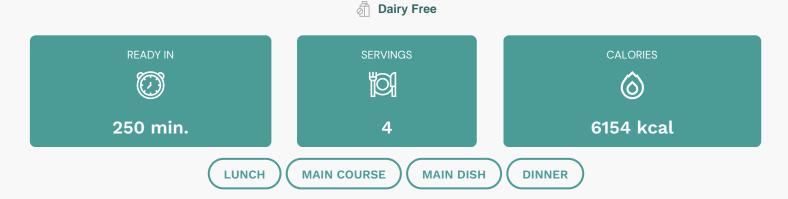


Tatsutage Fried Chicken with Spicy Yuzu Mayonnaise



Ingredients

- 4 pounds chicken pieces bone-in
- 2 tablespoons chili paste depending on your taste pref
- 1.8 cups flour all-purpose
- 0.3 cup ginger fresh peeled finely chopped (from 1[3-inch] piece)
- 10 medium garlic clove thinly sliced
- 0.3 cup honey
 - 0.5 teaspoon kosher salt

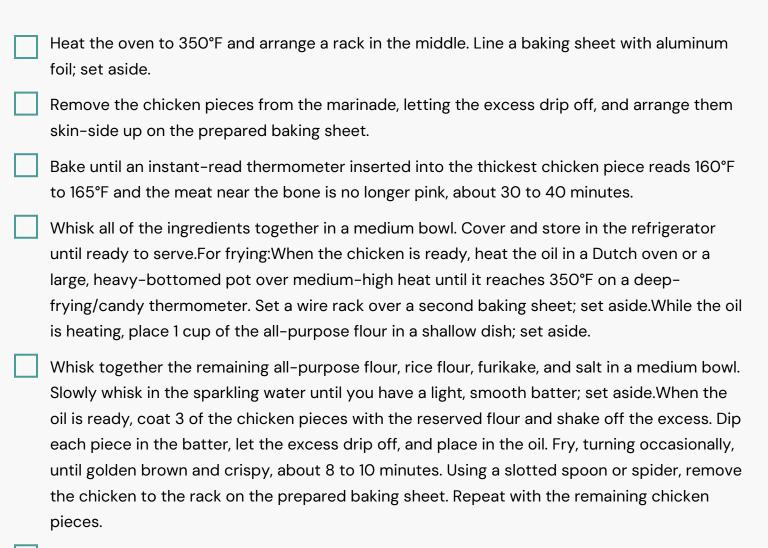
- 2 cups soy sauce low-sodium
- 2 cups mayonnaise such as kewpie japanese-style
- 1.5 cups mirin
- 0.3 cup rice flour
- 0.5 cup rice vinegar
- 1.3 cups seltzer water
- 2 quarts vegetable oil
- 2 tablespoons yuzu juice drink
 - 2 tablespoons frangelico
- 2 tablespoons frangelico

Equipment

- bowl
 baking sheet
 oven
 whisk
 wire rack
 plastic wrap
 kitchen thermometer
 aluminum foil
 slotted spoon
- dutch oven
 - candy thermometer

Directions

- Combine the soy sauce, mirin, vinegar, honey, garlic, and ginger in a large, nonreactive bowl. If using chicken breasts, cut them in half.
 - Add all of the chicken pieces to the marinade and toss to coat. Cover the bowl with plastic wrap and refrigerate for at least 2 1/2 hours, or overnight.



Serve immediately with the yuzu mayonnaise, if using.

Nutrition Facts

PROTEIN 4.96% 📕 FAT 87.31% 📙 CARBS 7.73%

Properties

Glycemic Index:85.07, Glycemic Load:47.51, Inflammation Score:-9, Nutrition Score:46.192608895509%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 6154.26kcal (307.71%), Fat: 604.62g (930.18%), Saturated Fat: 98.77g (617.28%), Carbohydrates: 120.46g (40.15%), Net Carbohydrates: 117.38g (42.68%), Sugar: 40.57g (45.07%), Cholesterol: 278.37mg (92.79%), Sodium: 6506.65mg (282.9%), Alcohol: 8.85g (100%), Alcohol %: 0.84% (100%), Protein: 77.31g (154.63%), Vitamin K: 1057.75µg (1007.38%), Vitamin E: 43.92mg (292.78%), Vitamin B3: 26.26mg (131.28%), Selenium: 69.71µg (99.58%),

Phosphorus: 781.32mg (78.13%), Vitamin B6: 1.5mg (74.76%), Manganese: 1.32mg (65.76%), Vitamin B2: 0.99mg (58.49%), Vitamin B1: 0.72mg (47.91%), Folate: 182.93µg (45.73%), Magnesium: 175.2mg (43.8%), Iron: 7.75mg (43.08%), Zinc: 5.95mg (39.67%), Vitamin B5: 3.83mg (38.27%), Potassium: 1236.1mg (35.32%), Copper: 0.39mg (19.42%), Vitamin B12: 1.09µg (18.18%), Vitamin C: 11.92mg (14.45%), Fiber: 3.08g (12.31%), Calcium: 115.35mg (11.53%), Vitamin A: 521.29IU (10.43%), Vitamin D: 0.84µg (5.61%)