



WHATSheATE

Thai Fried Chicken



Dairy Free

READY IN



290 min.

SERVINGS



4

CALORIES



1143 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 skin-on chicken drumsticks
- ☐ 2 eggs beaten
- ☐ 0.5 cup dijon honey mustard
- ☐ 4 cups panko bread crumbs
- ☐ 4 servings sea salt to taste
- ☐ 0.5 cup chili sauce sweet
- ☐ 4 cups vegetable oil for frying

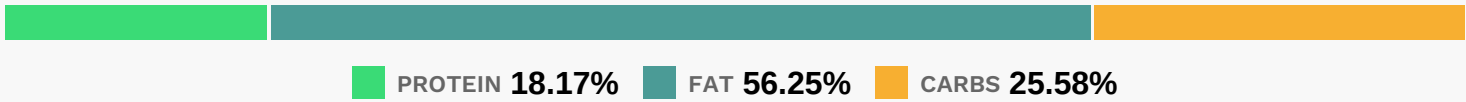
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Whisk together the honey mustard, chili sauce, eggs, and sea salt in a bowl.
- ☐ Place the chicken drumsticks in a large, sealable plastic bag; pour the marinade over the chicken and seal the bag. Allow to chill in refrigerator at least 4 hours.
- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Place the bread crumbs in the bottom of a wide dish; dredge the marinated chicken in the bread crumbs to coat.
- ☐ Heat the vegetable oil in a large, deep pan over medium-high heat. Gently lie the breaded chicken into the hot oil until golden brown, 5 to 7 minutes, turning once if needed to get even coloring; transfer to a baking sheet.
- ☐ Cook the chicken legs in the preheated oven until no longer pink at the bone and the juices run clear, about 30 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:31.775651911031%

Nutrients (% of daily need)

Calories: 1142.93kcal (57.15%), Fat: 70.16g (107.94%), Saturated Fat: 13.62g (85.15%), Carbohydrates: 71.79g (23.93%), Net Carbohydrates: 68.9g (25.05%), Sugar: 25.26g (28.07%), Cholesterol: 290.8mg (96.93%), Sodium: 1374.82mg (59.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.99g (101.98%), Selenium: 65.94µg

(94.2%), Vitamin K: 89.88µg (85.6%), Vitamin B3: 14.98mg (74.92%), Phosphorus: 519.6mg (51.96%), Vitamin B1: 0.77mg (51.53%), Vitamin B6: 0.86mg (43.2%), Vitamin B2: 0.72mg (42.45%), Zinc: 5.52mg (36.77%), Vitamin B5: 3.02mg (30.17%), Manganese: 0.6mg (29.83%), Vitamin E: 4.28mg (28.51%), Vitamin B12: 1.65µg (27.58%), Iron: 4.72mg (26.25%), Folate: 81.35µg (20.34%), Potassium: 654.5mg (18.7%), Magnesium: 73.87mg (18.47%), Copper: 0.31mg (15.38%), Calcium: 144.95mg (14.5%), Fiber: 2.89g (11.56%), Vitamin A: 223.28IU (4.47%), Vitamin D: 0.67µg (4.45%)