



WHATSheATE



Triple Dipped Fried Chicken



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



637 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups beer
- ☐ 2 egg yolks beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 1.5 tablespoons garlic salt
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 tablespoon paprika
- ☐ 0.5 teaspoon poultry seasoning
- ☐ 1 teaspoon salt

- ☐ 1 quart vegetable oil for frying
- ☐ 3 pound meat from a rotisserie chicken whole cut into pieces

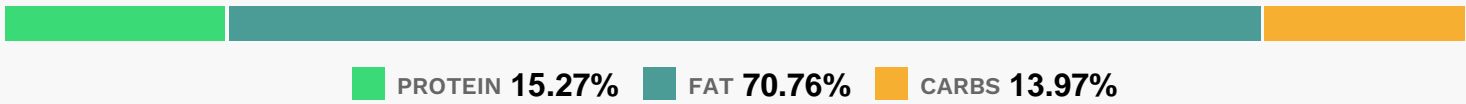
Equipment

- ☐ bowl
- ☐ paper towels

Directions

- ☐ In one medium bowl, mix together 3 cups of flour, garlic salt, 1 tablespoon black pepper, paprika and poultry seasoning. In a separate bowl, stir together 1 1/3 cups flour, salt, 1/4 teaspoon pepper, egg yolks and beer. You may need to thin with additional beer if the batter is too thick.
- ☐ Heat the oil in a deep-fryer to 350 degrees F (175 degrees C). Moisten each piece of chicken with a little water, then dip in the dry mix. Shake off excess and dip in the wet mix, then dip in the dry mix once more.
- ☐ Carefully place the chicken pieces in the hot oil. Fry for 15 to 18 minutes, or until well browned. Smaller pieces will not take as long. Large pieces may take longer.
- ☐ Remove and drain on paper towels before serving.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:15.38, Inflammation Score:-7, Nutrition Score:16.546956528788%

Nutrients (% of daily need)

Calories: 637.35kcal (31.87%), Fat: 49.97g (76.87%), Saturated Fat: 10.15g (63.44%), Carbohydrates: 22.21g (7.4%), Net Carbohydrates: 21.01g (7.64%), Sugar: 0.23g (0.26%), Cholesterol: 146.45mg (48.82%), Sodium: 2215.14mg (96.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.26g (48.52%), Vitamin K: 62.19µg (59.22%), Vitamin B3: 9.17mg (45.84%), Selenium: 28.55µg (40.78%), Vitamin E: 3.42mg (22.81%), Vitamin B6: 0.44mg (22.08%), Phosphorus: 217.51mg (21.75%), Vitamin B1: 0.3mg (19.89%), Vitamin B2: 0.31mg (18.49%), Folate: 66.94µg (16.74%), Vitamin A: 818.4IU (16.37%), Iron: 2.77mg (15.39%), Vitamin B5: 1.32mg (13.22%), Manganese: 0.26mg (12.98%), Zinc: 1.83mg (12.18%), Magnesium: 31.42mg (7.86%), Potassium: 271.3mg (7.75%), Vitamin B12: 0.45µg (7.57%), Copper: 0.12mg (5.94%), Fiber: 1.2g (4.79%), Vitamin D: 0.54µg (3.61%), Calcium: 31.68mg (3.17%), Vitamin C: 1.77mg (2.15%)