

Southern-Style Buttermilk Fried Chicken

Yield: 8 min
Total Time: 180 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-buttermilk-fried-chicken-recipe>

Ingredients:

- 2 cups buttermilk
- 1 tablespoon Dijon mustard
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon cayenne pepper
- 1 whole chicken cut into pieces
- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 5 cups vegetable oil for frying

Nutrition:

1. Calories: 1490 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 80 milligrams
4. Fat: 141 grams
5. Fiber: 1 grams
6. Protein: 29 grams
7. SaturatedFat: 11 grams
8. Sodium: 640 milligrams
9. Sugar: 3 grams
10. TransFat: 4 grams

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