

# Deep South Fried Chicken

Yield: 8 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/deep-south-dish-southern-ice-cream-recipe>

## Ingredients:

- 1 cup shortening
- 2 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 3 pounds chicken cut into pieces

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 110 milligrams
4. Fat: 31 grams
5. Fiber: 1 grams
6. Protein: 37 grams
7. SaturatedFat: 8 grams
8. Sodium: 420 milligrams
9. TransFat: 3.5 grams

---

Thank you for visiting our website. Hope you enjoy Deep South Fried Chicken above. You can see more 17 deep south dish southern ice cream recipe You must try them! to get more great cooking ideas.