

Hot Bird! Mexican Fried Chicken

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 3/4 cup honey Mexican or other, plus more for drizzling
- 3 tablespoons cider vinegar
- 2 pieces chicken breast bone-in skin-on, 2 large pieces bone-in, skin-on chicken breast, each cut in half across the breast to produce...
- 4 bone in skin on chicken thighs
- 4 chicken drumsticks skin on
- salt
- pepper
- oil for frying, such as soy or canola
- 4 large egg whites extra-
- 3/4 cup cornmeal or fine breadcrumbs
- 1 cup flour
- 1 teaspoon baking powder
- 1 tablespoon ancho or medium-heat chili powder
- 1/2 tablespoon sweet paprika smoked
- 1 teaspoon garlic powder
- 1 teaspoon granulated onion
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 lime cut into wedges for garnish, optional

Nutrition:

1. Calories: 1340 calories
2. Carbohydrate: 102 grams
3. Cholesterol: 370 milligrams
4. Fat: 60 grams
5. Fiber: 5 grams

6. Protein: 96 grams
7. SaturatedFat: 15 grams
8. Sodium: 800 milligrams
9. Sugar: 54 grams

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