

Pioneer Woman's Buttermilk Fried Chicken

Yield: 7 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/pioneer-woman-s-recipe-for-chinese-stir-fry>

Ingredients:

- 2 fryer chickens cut-up
- 1 quart buttermilk
- 5 cups all-purpose flour
- 3 tablespoons seasoned salt like Lawry's
- 2 teaspoons black pepper
- 2 teaspoons dried thyme
- 2 teaspoons paprika
- 1 teaspoon cayenne pepper
- 1/4 cup milk
- canola oil for frying

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 79 grams
3. Cholesterol: 110 milligrams
4. Fat: 27 grams
5. Fiber: 4 grams
6. Protein: 41 grams
7. SaturatedFat: 7 grams
8. Sodium: 220 milligrams
9. Sugar: 9 grams

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