

Fried Chicken Thighs

Yield: 8 min

Total Time: 130 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-chicken-thighs-recipe>

Ingredients:

- 1 pint buttermilk
- 1 teaspoon salt
- 2 teaspoons garlic dried
- 1 teaspoon onion dried
- 1/2 teaspoon black pepper
- 1/2 cayenne pepper
- 1 teaspoon paprika
- 3 pounds chicken thighs
- 2 cups all purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon paprika
- corn oil for frying

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 150 milligrams
4. Fat: 28 grams
5. Fiber: 2 grams
6. Protein: 35 grams
7. SaturatedFat: 8 grams
8. Sodium: 630 milligrams
9. Sugar: 3 grams

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