

# Southern Fried Chicken

Yield: 4 min  
Total Time: 70 min

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

## Ingredients:

- 1 whole chicken cut into 10 pieces
- 2 teaspoons salt adjust to preference
- 1 tablespoon hot sauce
- 4 garlic crushed
- 3 teaspoons Creole seasoning
- 3 cups all purpose flour
- 1 cup cornstarch
- 2 teaspoons baking powder
- 1 tablespoon paprika
- 1 teaspoon salt adjust to taste
- 2 tablespoons garlic powder
- 2 tablespoons onion powder
- 1 teaspoon cayenne pepper
- 1 teaspoon white pepper
- 1 1/2 tablespoons thyme dried herbs, Oregano, Parsley
- 4 cups buttermilk

## Nutrition:

1. Calories: 1070 calories
2. Carbohydrate: 123 grams
3. Cholesterol: 265 milligrams
4. Fat: 18 grams
5. Fiber: 5 grams
6. Protein: 97 grams
7. SaturatedFat: 6 grams
8. Sodium: 2630 milligrams
9. Sugar: 13 grams

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