

Spicy Southern Fried Chicken

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 3 large eggs
- 1/3 cup water
- 1 cup hot sauce recommended: Frank's Red Hot
- 2 teaspoons baking powder
- 2 cups self-rising flour
- 1 teaspoon ground black pepper freshly
- 1 1/2 teaspoons salt
- 1/2 teaspoon garlic powder
- 2 1/2 pounds chicken cut into pieces, skin removed
- vegetable oil or peanut oil, for frying

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 345 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 68 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 3700 milligrams
9. Sugar: 1 grams

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