

# Southern Fried Chicken Gizzards

Yield: 6 min  
Total Time: 210 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-gizzards-puerto-rican-recipe>

## Ingredients:

- 1 pound chicken gizzards rinsed
- 2 stalks celery cut into chunks
- 1 onion cut into chunks
- 2 bay leaves
- 1 1/2 teaspoons celery salt divided
- 1 teaspoon seasoned salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon Italian herb seasoning dried
- 1 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- 1/2 teaspoon Louisiana style hot sauce
- 3 cups oil for deep frying
- 1 cup all-purpose flour

## Nutrition:

1. Calories: 1150 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 180 milligrams
4. Fat: 114 grams
5. Fiber: 1 grams
6. Protein: 16 grams
7. SaturatedFat: 10 grams
8. Sodium: 60 milligrams
9. Sugar: 1 grams

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