

Kentucky Fried Jackfruit

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-fried-jackfruit-recipe>

Ingredients:

- 28 ounces jackfruit in Brine, or better yet, water if you can find it
- 1 cup almond milk
- 1 1/2 tablespoons apple cider vinegar let sit for 5 minutes
- 1 teaspoon hot sauce OPTIONAL
- 3/4 cup all purpose flour
- 1/4 cup cornstarch
- 1 tablespoon baking powder
- 1 tablespoon salt Your favorite, FREE seasoning blend, if you are using Jackfruit in WATER, feel free to use Season Salt
- 1/2 cup vegan mayonnaise or more to taste
- 3 tablespoons yellow mustard or more to taste
- 2 tablespoons agave nectar or more to taste

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 50 grams
3. Fat: 1.5 grams
4. Fiber: 6 grams
5. Protein: 6 grams
6. Sodium: 2250 milligrams
7. Sugar: 14 grams

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