

Easy Southern Pan Fried Chicken

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 1 chicken thighs and chicken legs, cut into pieces
- 2 cups all-purpose flour
- oil for frying, Some people swear by Crisco, lard or peanut oil, but I just use vegetable oil.
- seasoned salt
- black pepper

Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 245 milligrams
4. Fat: 17 grams
5. Fiber: 3 grams
6. Protein: 82 grams
7. SaturatedFat: 4 grams
8. Sodium: 290 milligrams

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