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Fried Chicken Leg

Fried chicken leg is a classic dish that is loved by many. It is made by marinating chicken legs in a flavorful mixture, coating them in breadcrumbs, and deep frying until crispy and golden brown. This dish is perfect for a family dinner or a game day snack.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 20 mins

Total Time: 50 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

800 g	chicken legs
2 c	buttermilk
2 c	All-Purpose Flour
2 c	Breadcrumbs
1 tsp	Salt

1 tsp	Black pepper
1 tsp	Paprika
1 tsp	Garlic powder
1 tsp	Onion powder
4 c	vegetable oil

Directions

Step 1

Marinating

In a large bowl, combine buttermilk, salt, black pepper, paprika, garlic powder, and onion powder. Add chicken legs to the mixture and let them marinate for at least 1 hour.

Prep Time: 60 mins

Cook Time: 0 mins

Step 2

Mixing

In a separate bowl, mix all-purpose flour, breadcrumbs, salt, black pepper, paprika, garlic powder, and onion powder.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Coating

Remove the chicken legs from the buttermilk mixture, allowing any excess liquid to drip off. Coat each chicken leg in the flour mixture, pressing gently to adhere the coating.

Prep Time: 10 mins

Cook Time: 0 mins

Step 4

Frying

Heat vegetable oil in a large skillet or deep fryer to 350°F (175°C). Carefully add the coated chicken legs to the hot oil and fry for about 10 minutes per side, or until the chicken is cooked through and golden brown.

Prep Time: 0 mins

Cook Time: 20 mins

Step 5

Draining

Remove the fried chicken legs from the oil and place them on a paper towel-lined plate to drain excess oil. Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 320 kcal

Fat: 15 g

Protein: 22 g

Carbohydrates: 23 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	22 g	129.41%	129.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	23 g	41.82%	46%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	7 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	550 mg	23.91%	23.91%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Cuisines

American

Italian

Kitchen Tools

Slow Cooker

Blender

Events

Picnic

Diet

Anti-Inflammatory Diet

Course

Breads

Side Dishes

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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