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Crispy Buttermilk Fried Chicken

Atkins Kitchen

Don't skip the marinating step. It makes the chicken very tender. If you like your fried chicken a little spicy, add a good pinch of cayenne pepper or Creole seasoning to the bake mix. This recipe doubles easily.

Ingredients

- 1 1/2 cups buttermilk
- 1 tablespoon lemon juice
- 1 fryer chicken (3 pounds), cut into 8 pieces
- [1 cup Atkins Bake Mix](#)
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- Vegetable oil for frying

Directions

1. In a large bowl, mix buttermilk and lemon juice. Add chicken; toss to coat. Cover and refrigerate at least 3 hours.
2. Drain chicken and pat dry with paper towels. Place bake mix, salt and pepper in a plastic or paper bag. In two batches, add chicken and shake to coat. Place chicken on wire rack and let dry 15 minutes.
3. Heat oven to 350°F. Heat 1/2" oil in a large skillet and, in two batches, fry chicken 4 to 5 minutes per side, until browned. Drain on paper towels and place on a baking sheet. Bake 30 to 35 minutes, until chicken is cooked through; turn pieces halfway through baking time.

[IN BRIEF]

Servings: 4
Prep time: 20 minutes
Marinate Time: 3 hours
Bake/Cook time: 40 minutes

[NUTRITION PER SERVING]

Carbohydrates: 6 grams
Net Carbs: 3 grams
Fiber: 3 grams
Protein: 46.5 grams
Fat: 37 grams
Calories: 620

Good for:
Atkins Points:

You can find this article at:

http://www.atkinscenter.com/food/recipes/all/Crispy_Buttermilk_Fried_Chicken.html

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