

## Grilled Chicken vs Fried Chicken (vsdiff.com)

Aspect	Grilled Chicken	Fried Chicken
Primary method	Direct <i>radiant heat</i> (char, sear)	Immersion or shallow pan in <i>hot oil</i>
Typical calories (per 100 g)	Approx. <b>110-170 kcal</b> depending on cut & skin	Approx. <b>220-330 kcal</b> depending on batter & oil absorption
Texture	<i>Firm</i> , charred crust, moist interior if not overcooked	<i>Crispy</i> exterior, often juicier interior due to crust sealing
Common oils/fuels	Charcoal, gas, electric; <b>minimal added fat</b>	Vegetable oil blends, peanut, lard; <b>substantial added fat</b>
Typical cook time (bone-in)	~20-35 minutes (indirect heat zones)	~12-18 minutes (depending on piece size & oil temp)

Source: <https://vsdiff.com/grilled-chicken-vs-fried-chicken/>