



WHATShEATE



Chicken-Fried Skirt Steak with Country Gravy

READY IN



25 min.

SERVINGS



4

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 1 cup beef broth divided
- ☐ 2 tablespoons butter ()
- ☐ 0.5 teaspoon sage dried
- ☐ 0.3 cup green onion tops chopped
- ☐ 1 pinch ground cloves
- ☐ 1 ounce breakfast pork-sausage patty fully cooked finely chopped
- ☐ 16 inch long pieces skirt steak
- ☐ 0.5 cup whipping cream

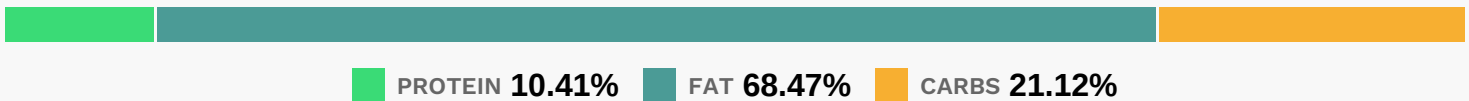
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Pour 1/2 cup broth into shallow bowl.
- ☐ Place flour in another shallow bowl.
- ☐ Sprinkle steak pieces on both sides with salt and pepper. Dip steaks into flour, then into broth, then into flour again, coating each time.
- ☐ Melt butter in large nonstick skillet over high heat.
- ☐ Add steaks. Sauté until brown, about 3 minutes per side.
- ☐ Transfer to plate.
- ☐ Pour off butter from skillet.
- ☐ Add 1 teaspoon flour from shallow bowl.
- ☐ Whisk in remaining 1/2 cup broth, sausage, cream, sage, and cloves. Boil gravy until thick enough to coat spoon, whisking often, about 3 minutes; season with salt and pepper.
- ☐ Mix in green onion tops. Spoon gravy over steaks.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:8.75, Inflammation Score:-5, Nutrition Score:6.7765217553014%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 252.28kcal (12.61%), Fat: 19.36g (29.78%), Saturated Fat: 11.44g (71.5%), Carbohydrates: 13.43g (4.48%), Net Carbohydrates: 12.78g (4.65%), Sugar: 1.11g (1.23%), Cholesterol: 60.17mg (20.06%), Sodium: 329.74mg (14.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.25%), Vitamin K: 19.17µg (18.26%), Vitamin A: 702.24IU (14.04%), Selenium: 8.97µg (12.81%), Vitamin B3: 2.37mg (11.84%), Vitamin B2: 0.2mg (11.53%), Vitamin B1: 0.16mg (10.7%), Folate: 36.94µg (9.24%), Manganese: 0.15mg (7.52%), Phosphorus: 71.95mg (7.19%), Iron: 1.25mg (6.92%), Zinc: 1.03mg (6.86%), Vitamin B12: 0.38µg (6.3%), Vitamin B6: 0.09mg (4.74%), Potassium: 149.69mg (4.28%), Vitamin D: 0.58µg (3.86%), Calcium: 34.87mg (3.49%), Vitamin E: 0.52mg (3.45%), Magnesium: 11.87mg (2.97%), Vitamin B5: 0.28mg (2.77%), Fiber: 0.65g (2.61%), Copper: 0.05mg (2.3%), Vitamin C: 1.8mg (2.18%)