



Chicken Fried Steak

READY IN



20 min.

SERVINGS



4

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces diestel breakfast sausage diced patties may be used and broken into small pieces
- ☐ 0.5 cup canola oil
- ☐ 3 tablespoons canola oil
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.3 cup cornmeal
- ☐ 1 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon thyme leaves fresh chopped

- ☐ 0.3 cup milk
- ☐ 2 cups milk
- ☐ 1 teaspoon paprika
- ☐ 4 servings salt and freshly cracked pepper black
- ☐ 4 cube steaks

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pie form

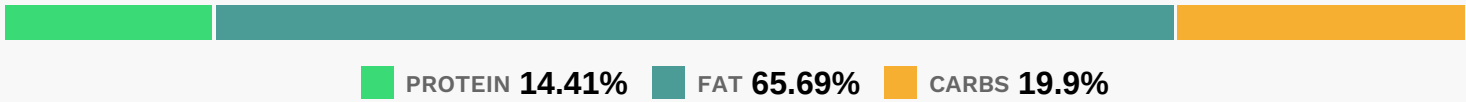
Directions

- ☐ In a pie pan, whisk together the egg and milk. In a second pie pan, combine the flour, cornmeal, paprika, cayenne, salt and freshly cracked black pepper, to taste.
- ☐ Season the beef with salt and pepper and dredge the steaks in the flour mixture. Shake off any excess, then submerge them in the milk and egg. Dredge them again in the flour mixture. Make sure both sides are well coated with the egg mixture before dredging them for the second time. Dust off the excess flour and set aside.
- ☐ Heat the oil in a deep skillet over medium-high heat.
- ☐ Add the steaks and fry until their coatings become golden brown and crisp, about 3 to 5 minutes.
- ☐ Remove them to a plate lined with a brown paper bag or paper towels to drain. Arrange them on serving plates and serve with the Sawmill Gravy.
- ☐ Brown the sausage in a cast iron or heavy-bottomed skillet, over medium heat. When fully cooked, remove the sausage from the pan and set aside.
- ☐ In the same pan, over low heat, add the canola oil.
- ☐ Whisk in the flour and cook, constantly stirring, until the flour turns a pale golden color, about 5 minutes. Slowly whisk in the milk and thyme and bring to a simmer. Cook, stirring occasionally, until the gravy has thickened, about 5 to 10 minutes. Return the reserved sausage to the skillet and season with salt and a generous amount of black pepper.

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Serve alongside the Chicken Fried Steak.

Nutrition Facts



Properties

Glycemic Index:103.63, Glycemic Load:18.61, Inflammation Score:-9, Nutrition Score:17.626956649449%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg

Nutrients (% of daily need)

Calories: 620.51kcal (31.03%), Fat: 45.17g (69.5%), Saturated Fat: 11.79g (73.68%), Carbohydrates: 30.79g (10.26%), Net Carbohydrates: 28.79g (10.47%), Sugar: 6.93g (7.7%), Cholesterol: 119.24mg (39.74%), Sodium: 804.39mg (34.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.29g (44.59%), Vitamin B1: 0.52mg (34.4%), Phosphorus: 326.12mg (32.61%), Vitamin B3: 5.81mg (29.03%), Vitamin B2: 0.48mg (28.04%), Vitamin B12: 1.58µg (26.31%), Vitamin E: 3.43mg (22.89%), Vitamin B6: 0.46mg (22.88%), Zinc: 3.12mg (20.79%), Selenium: 14.08µg (20.12%), Calcium: 195.21mg (19.52%), Vitamin D: 2.84µg (18.91%), Iron: 2.87mg (15.94%), Vitamin A: 779.12IU (15.58%), Potassium: 516.52mg (14.76%), Vitamin B5: 1.42mg (14.23%), Manganese: 0.26mg (13.25%), Folate: 49.61µg (12.4%), Vitamin K: 12.97µg (12.35%), Magnesium: 49.29mg (12.32%), Fiber: 2g (7.98%), Copper: 0.14mg (6.76%), Vitamin C: 3.59mg (4.35%)