



Chicken-Fried Steak

READY IN



40 min.

SERVINGS



4

CALORIES



1046 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose divided
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1.5 teaspoons pepper black divided
- ☐ 4.8 cups milk divided
- ☐ 4 servings parsley fresh chopped
- ☐ 3.5 cups vegetable oil; peanut oil preferred
- ☐ 0.3 teaspoon pepper

- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons salt divided
- ☐ 38 saltines crushed (1 sleeve)
- ☐ 16 ounce fat-trimmed beef flank steak

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Sprinkle salt and pepper evenly over steaks. Set aside.
- ☐ Combine cracker crumbs, 1 cup flour, baking powder, 1 teaspoon salt, 1/2 teaspoon black pepper, and red pepper.
- ☐ Whisk together 3/4 cup milk and eggs. Dredge steaks in cracker crumb mixture; dip in milk mixture, and dredge in cracker mixture again.
- ☐ Pour oil into a 12-inch skillet; heat to 36
- ☐ (Do not use a nonstick skillet.) Fry steaks 10 minutes. Turn and fry 4 to 5 more minutes or until golden brown.
- ☐ Remove to a wire rack on a jellyroll pan. Keep steaks warm in a 225 oven. Carefully drain hot oil, reserving cooked bits and 1 tablespoon drippings in skillet.
- ☐ Whisk together remaining 1/4 cup flour, 1 teaspoon salt, 1 teaspoon black pepper, and 4 cups milk.
- ☐ Pour mixture into reserved drippings in skillet; cook over medium-high heat, whisking constantly, 10 to 12 minutes or until thickened.
- ☐ Serve gravy with steaks and mashed potatoes.
- ☐ Sprinkle with parsley, if desired.

Nutrition Facts



 **PROTEIN 16.19%**  **FAT 58.74%**  **CARBS 25.07%**

Properties

Glycemic Index:83.25, Glycemic Load:27, Inflammation Score:-8, Nutrition Score:37.372173869092%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1045.63kcal (52.28%), Fat: 68.43g (105.28%), Saturated Fat: 20.25g (126.56%), Carbohydrates: 65.7g (21.9%), Net Carbohydrates: 63.43g (23.06%), Sugar: 14.57g (16.19%), Cholesterol: 196.94mg (65.65%), Sodium: 1837.11mg (79.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.44g (84.88%), Selenium: 57.1µg (81.57%), Vitamin K: 77.5µg (73.81%), Vitamin B2: 1.12mg (66.16%), Vitamin B12: 3.7µg (61.59%), Phosphorus: 592.09mg (59.21%), Zinc: 7.86mg (52.43%), Vitamin B1: 0.78mg (52.26%), Vitamin B3: 10.1mg (50.5%), Vitamin E: 6.81mg (45.38%), Calcium: 429.56mg (42.96%), Vitamin B6: 0.73mg (36.28%), Iron: 6.22mg (34.54%), Folate: 131.32µg (32.83%), Manganese: 0.65mg (32.51%), Potassium: 897.34mg (25.64%), Vitamin D: 3.8µg (25.34%), Vitamin A: 1067.46IU (21.35%), Magnesium: 80.78mg (20.19%), Vitamin B5: 1.8mg (17.99%), Copper: 0.22mg (11.24%), Fiber: 2.28g (9.1%), Vitamin C: 5.51mg (6.68%)