



Chicken-Fried Steak

 Dairy Free

READY IN



24 min.

SERVINGS



6

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon baking soda
- 14.5 ounce chicken broth canned
- 1.8 cups flour all-purpose divided
- 2 teaspoons pepper divided
- 1 pounds round steaks cubed
- 1.5 teaspoons salt divided
- 6 servings vegetable oil
- 1 cup water

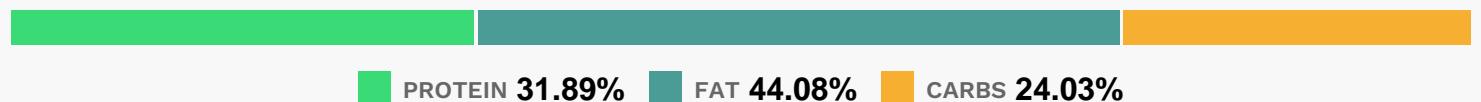
Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack

Directions

- Sprinkle 1/2 teaspoon each of salt and pepper evenly over steaks. Set aside.
- Stir together remaining 1 teaspoon salt, 1 teaspoon pepper, and 1 1/2 cups flour in a shallow dish. Stir baking soda into 1 cup water in a bowl.
- Dip each steak in water mixture, and dredge in flour mixture.
- Pour oil to a depth of 1/2 inch in a large heavy skillet; heat to 36
- Fry steaks 3 to 4 minutes on each side or until golden.
- Drain on a wire rack in a jelly-roll pan. Keep steaks warm in a 225 oven.
- Drain hot oil, reserving cooked bits and 2 tablespoons drippings in skillet.
- Whisk remaining 1/2 teaspoon pepper and remaining 1/4 cup flour into drippings in skillet; cook, whisking constantly, over medium-high heat 1 minute.
- Whisk in broth; cook, whisking constantly, 5 minutes or until thickened.
- Serve with steaks.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:20.21, Inflammation Score:-5, Nutrition Score:19.148261036562%

Nutrients (% of daily need)

Calories: 490.73kcal (24.54%), Fat: 23.54g (36.22%), Saturated Fat: 4.98g (31.12%), Carbohydrates: 28.86g (9.62%), Net Carbohydrates: 27.71g (10.08%), Sugar: 0.1g (0.11%), Cholesterol: 81.88mg (27.29%), Sodium: 980.32mg (42.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.32g (76.64%), Selenium: 46.62µg (66.6%), Vitamin B3: 9.02mg (45.11%), Vitamin B12: 2.11µg (35.23%), Zinc: 5.22mg (34.83%), Vitamin B6: 0.65mg (32.58%), Phosphorus: 313.08mg (31.31%), Vitamin K: 29.43µg (28.03%), Vitamin B1: 0.36mg (23.92%), Iron: 4.26mg (23.65%), Vitamin B2: 0.37mg (21.94%), Folate: 78.03µg (19.51%), Manganese: 0.35mg (17.29%), Potassium: 418.92mg (11.97%), Vitamin E: 1.62mg (10.8%), Magnesium: 41.49mg (10.37%), Copper: 0.18mg (8.94%), Vitamin B5: 0.68mg (6.79%), Fiber: 1.15g (4.61%), Calcium: 34.68mg (3.47%), Vitamin A: 124.91IU (2.5%)