



## Chicken-fried Steak

READY IN



23 min.

SERVINGS



6

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup egg substitute
- ☐ 0.3 cup flour all-purpose
- ☐ 6 servings cream gravy
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 45 saltines crushed (1 sleeve plus 7 crackers)
- ☐ 24 oz steaks cubed ()

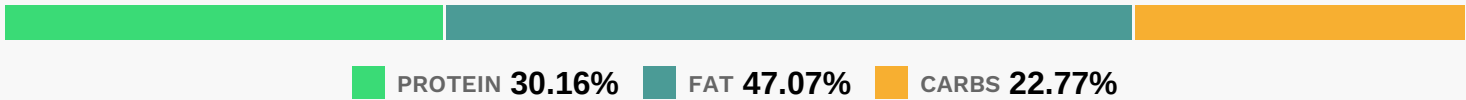
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack

## Directions

- ☐ Sprinkle steaks with salt and pepper. Dredge steaks in flour; dip in egg substitute, and dredge in crushed crackers. Lightly coat steaks on each side with cooking spray.
- ☐ Cook steaks, in batches, in a hot nonstick skillet over medium heat 3 to 4 minutes on each side or until golden, turning twice.
- ☐ Transfer steaks to a wire rack in a jelly-roll pan. Keep warm in a 225 oven.
- ☐ Serve with Cream Gravy.

## Nutrition Facts



## Properties

Glycemic Index:17.83, Glycemic Load:2.9, Inflammation Score:-4, Nutrition Score:16.970869623449%

## Nutrients (% of daily need)

Calories: 386.08kcal (19.3%), Fat: 19.81g (30.48%), Saturated Fat: 8.71g (54.44%), Carbohydrates: 21.56g (7.19%), Net Carbohydrates: 20.74g (7.54%), Sugar: 1.14g (1.27%), Cholesterol: 98.6mg (32.87%), Sodium: 517.54mg (22.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.56g (57.12%), Selenium: 40.81µg (58.3%), Vitamin B3: 8.68mg (43.4%), Vitamin B6: 0.75mg (37.57%), Zinc: 4.79mg (31.95%), Phosphorus: 279.87mg (27.99%), Vitamin B12: 1.51µg (25.12%), Vitamin B2: 0.37mg (21.51%), Vitamin B1: 0.32mg (21.42%), Iron: 3.77mg (20.96%), Folate: 55.98µg (14%), Potassium: 478.76mg (13.68%), Manganese: 0.26mg (13.1%), Vitamin B5: 1.17mg (11.67%), Magnesium: 35.61mg (8.9%), Vitamin K: 8.11µg (7.72%), Vitamin E: 1.12mg (7.44%), Copper: 0.15mg (7.41%), Calcium: 56.5mg (5.65%), Vitamin A: 266.64IU (5.33%), Vitamin D: 0.56µg (3.73%), Fiber: 0.81g (3.25%)