



## Chicken-Fried Steak

READY IN



45 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 1 pound beef cube steaks
- ☐ 0.8 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.8 teaspoon hot sauce
- ☐ 1 cup milk
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon salt

☐ 0.3 cup vegetable oil divided

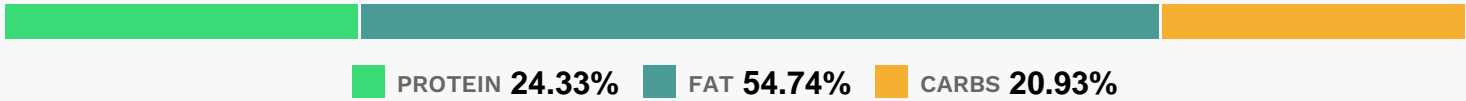
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

## Directions

- ☐ Stir together first 3 ingredients in a shallow dish.
- ☐ Combine buttermilk and hot sauce in a bowl. Dredge steaks in flour mixture; dip into buttermilk mixture, and dip again in flour mixture.
- ☐ Heat 1/4 cup oil in a large skillet over medium-high heat.
- ☐ Add steaks, and cook 5 minutes on each side.
- ☐ Remove from skillet.
- ☐ Drain steaks on paper towels.
- ☐ Heat remaining 2 tablespoons oil in skillet; whisk in 2 tablespoons flour, and cook, whisking constantly, 5 minutes or until light golden brown. Gradually whisk in milk; cook, whisking constantly, over medium heat until thickened and bubbly (about 10 minutes). Stir in 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Serve over steaks.

## Nutrition Facts



## Properties

Glycemic Index:62.75, Glycemic Load:16.56, Inflammation Score:-4, Nutrition Score:18.969565306021%

## Nutrients (% of daily need)

Calories: 487.06kcal (24.35%), Fat: 29.24g (44.98%), Saturated Fat: 8.71g (54.41%), Carbohydrates: 25.15g (8.38%), Net Carbohydrates: 24.38g (8.87%), Sugar: 4.48g (4.98%), Cholesterol: 92.27mg (30.76%), Sodium: 724.48mg

(31.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.24g (58.48%), Selenium: 39.5µg (56.43%), Vitamin B3: 8.58mg (42.92%), Vitamin B6: 0.76mg (37.95%), Phosphorus: 344.68mg (34.47%), Zinc: 4.92mg (32.83%), Vitamin B12: 1.86µg (31.04%), Vitamin K: 27.22µg (25.92%), Vitamin B1: 0.36mg (23.82%), Vitamin B2: 0.4mg (23.27%), Iron: 3.14mg (17.46%), Folate: 63.79µg (15.95%), Potassium: 543.84mg (15.54%), Calcium: 140.66mg (14.07%), Vitamin B5: 1.13mg (11.28%), Manganese: 0.22mg (11.08%), Vitamin E: 1.58mg (10.54%), Magnesium: 41.52mg (10.38%), Copper: 0.15mg (7.53%), Vitamin D: 1.06µg (7.07%), Fiber: 0.77g (3.07%), Vitamin A: 150.22IU (3%)