



Chicken Fried Steak and Biscuit Sliders

READY IN



35 min.

SERVINGS



8

CALORIES



521 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb beef steaks cut into 8 pieces
- 16.3 oz grands flaky refrigerator biscuits refrigerated southern style canned
- 1 cup breadcrumbs plain
- 1 cup buttermilk
- 1 cup milk
- 1 small onion thinly sliced
- 0.5 teaspoon onion powder
- 8 servings salt and pepper freshly ground to taste
- 0.5 cup vegetable oil

- 0.5 cup frangelico
- 2 tablespoons frangelico
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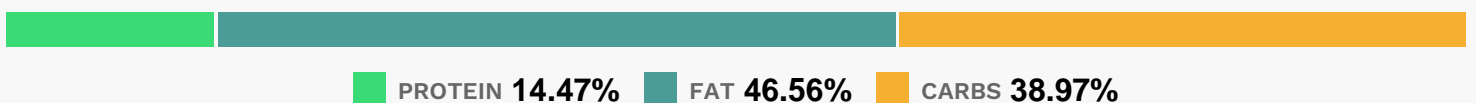
Equipment

- bowl
- frying pan
- oven
- aluminum foil

Directions

- Bake biscuits as directed on can.
- Meanwhile, season steak pieces on both sides with onion powder, salt and pepper. In 3 separate shallow bowls, place 1/2 cup Bisquick mix, the buttermilk and bread crumbs. Coat steak pieces on both sides with Bisquick mix, then dip in buttermilk and coat with bread crumbs.
- In 12-inch nonstick skillet, heat oil over medium-high heat.
- Add steaks; cook 6 to 8 minutes, turning once, until thoroughly cooked.
- Remove from skillet to plate; cover with foil to keep warm.
- In same skillet, cook onion over medium heat 5 to 7 minutes, stirring occasionally, until tender. In small bowl, stir together 2 tablespoons Bisquick mix and the milk until blended.
- Pour into skillet with onion. Cook 2 to 3 minutes, stirring frequently, until gravy is thickened.
- Split warm biscuits in half. On each biscuit bottom, place 1 chicken fried steak. Spoon gravy over steaks; cover with biscuit tops.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:24.28, Inflammation Score:-4, Nutrition Score:14.789565306643%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 521.16kcal (26.06%), Fat: 26.75g (41.15%), Saturated Fat: 8.84g (55.24%), Carbohydrates: 50.37g (16.79%), Net Carbohydrates: 48.85g (17.76%), Sugar: 16.62g (18.47%), Cholesterol: 47.78mg (15.93%), Sodium: 574.06mg (24.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.7g (37.4%), Selenium: 22.74µg (32.49%), Vitamin B3: 6.3mg (31.51%), Vitamin B1: 0.42mg (27.86%), Phosphorus: 233.61mg (23.36%), Vitamin B2: 0.39mg (23.19%), Vitamin B6: 0.45mg (22.34%), Manganese: 0.39mg (19.72%), Zinc: 2.92mg (19.47%), Iron: 3.33mg (18.51%), Folate: 70.71µg (17.68%), Vitamin B12: 1.05µg (17.46%), Vitamin K: 13.27µg (12.64%), Vitamin E: 1.88mg (12.53%), Calcium: 119.88mg (11.99%), Potassium: 367.53mg (10.5%), Magnesium: 34.05mg (8.51%), Vitamin B5: 0.82mg (8.21%), Copper: 0.15mg (7.45%), Fiber: 1.53g (6.1%), Vitamin D: 0.73µg (4.84%), Vitamin A: 148.76IU (2.98%)