



Chicken Fried Steak and Biscuit Sliders

READY IN



35 min.

SERVINGS



8

CALORIES



537 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb beef steaks cut into 8 pieces
- ☐ 16.3 oz grands flaky refrigerator biscuits refrigerated southern style pillsbury® canned
- ☐ 1 cup breadcrumbs plain progresso®
- ☐ 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

☐ 2 tablespoons baking mix original bisquick®

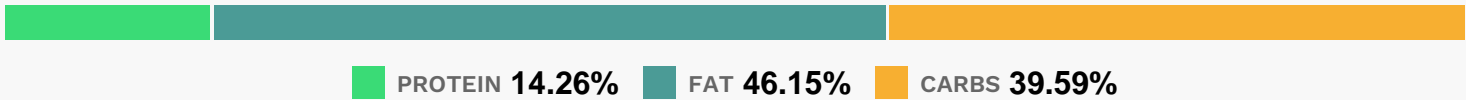
Equipment

- ☐ 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:15.262608738049%

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: 536.99kcal (26.85%), Fat: 27.32g (42.03%), Saturated Fat: 8.98g (56.15%), Carbohydrates: 52.71g (17.57%), Net Carbohydrates: 51.11g (18.59%), Sugar: 17.05g (18.95%), Cholesterol: 47.86mg (15.95%), Sodium: 621.23mg (27.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19g (38%), Selenium: 23.02µg (32.88%), Vitamin B3: 6.47mg (32.35%), Vitamin B1: 0.44mg (29.27%), Phosphorus: 255.23mg (25.52%), Vitamin B2: 0.41mg (24.14%), Vitamin B6: 0.45mg (22.48%), Manganese: 0.41mg (20.35%), Zinc: 2.94mg (19.62%), Iron: 3.43mg (19.08%), Folate: 75.33µg (18.83%), Vitamin B12: 1.06µg (17.7%), Vitamin K: 13.51µg (12.87%), Calcium: 126.5mg (12.65%), Vitamin E: 1.88mg (12.56%), Potassium: 373.55mg (10.67%), Magnesium: 34.97mg (8.74%), Vitamin B5: 0.85mg (8.53%), Copper: 0.15mg (7.73%), Fiber: 1.6g (6.42%), Vitamin D: 0.73µg (4.84%), Vitamin A: 148.91IU (2.98%)