



## Chicken Fried Steak II

READY IN



45 min.

SERVINGS



8

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 ounce evaporated milk canned
- 2 cups flour all-purpose
- 0.5 teaspoon garlic powder
- 0.8 teaspoon ground pepper black
- 2.5 teaspoons paprika
- 2.5 tablespoons pepper sauce hot
- 3 pounds round steak
- 0.8 teaspoon salt
- 8 servings salt to taste

4 cups vegetable oil

## Equipment

bowl

frying pan

paper towels

## Directions

Combine the milk, hot pepper sauce and salt in a medium bowl. Measure one cup of flour into a second medium bowl. In a third medium bowl, combine the remaining flour, paprika, garlic powder, salt and ground black pepper.

First coat the steak in the unseasoned flour, then dip in the milk mixture, and finally coat meat in the seasoned flour. Repeat as necessary if there's more than one piece of meat.

Heat the oil in a medium skillet over medium high heat. Fry the coated meat in the oil for 3 minutes per side, or until golden brown.

Drain meat on paper towels. (Note: Make sure the oil is fully heated before deep frying.)

## Nutrition Facts



## Properties

Glycemic Index:15.88, Glycemic Load:17.3, Inflammation Score:-6, Nutrition Score:27.295217451842%

## Nutrients (% of daily need)

Calories: 571.82kcal (28.59%), Fat: 31.68g (48.74%), Saturated Fat: 6.99g (43.69%), Carbohydrates: 26.29g (8.76%), Net Carbohydrates: 25.15g (9.15%), Sugar: 1.98g (2.21%), Cholesterol: 112.3mg (37.43%), Sodium: 636.11mg (27.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.19g (86.38%), Selenium: 59.74µg (85.35%), Vitamin B3: 13.69mg (68.47%), Vitamin B6: 1.18mg (58.94%), Vitamin B12: 3.24µg (54.05%), Zinc: 7.69mg (51.29%), Phosphorus: 450.82mg (45.08%), Vitamin K: 43.24µg (41.18%), Vitamin B2: 0.5mg (29.37%), Iron: 5.28mg (29.32%), Vitamin B1: 0.42mg (27.99%), Folate: 81.39µg (20.35%), Potassium: 710.78mg (20.31%), Vitamin E: 2.53mg (16.87%), Vitamin B5: 1.42mg (14.22%), Magnesium: 55.44mg (13.86%), Manganese: 0.28mg (13.84%), Copper: 0.23mg (11.45%), Calcium: 87.94mg (8.79%), Vitamin A: 357.79IU (7.16%), Fiber: 1.14g (4.55%), Vitamin C: 3.38mg (4.1%), Vitamin D: 0.19µg (1.25%)