



Chicken Fried Steak III

READY IN



60 min.

SERVINGS



6

CALORIES



847 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cube beef bouillon from cube
- ☐ 1 teaspoon cayenne pepper
- ☐ 0.8 teaspoon celery salt
- ☐ 2 tablespoons chili powder
- ☐ 3 pounds beef chuck steaks trimmed well
- ☐ 3 eggs lightly beaten
- ☐ 2.5 cups flour all-purpose divided
- ☐ 1 teaspoon garlic salt
- ☐ 2.5 cups milk

- ☐ 1 cup oil for frying
- ☐ 2 tablespoons salt

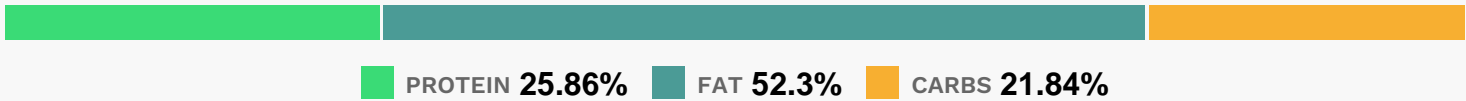
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ meat tenderizer

Directions

- ☐ In a shallow bowl, combine 2 cups of the flour, salt and cayenne pepper; set aside. In a bowl, beat together eggs and remaining 1/2 cup flour. Pound steaks flat with a meat mallet. Dredge the steaks first in the flour mixture, then into the egg mixture, then back into the flour mixture.
- ☐ Heat oil in a large skillet over medium high heat. Fry the coated steaks until golden brown.
- ☐ Remove from skillet, drain, and keep warm.
- ☐ Pour off all but 1 tablespoon of the oil, then stir in the leftover seasoned flour. Cook over medium heat, stirring constantly, until the flour is browned.
- ☐ Remove from the heat and Stir in milk, garlic salt, celery salt, chili powder and beef bouillon. Return to the heat and bring to a simmer, stirring constantly, until gravy thickens.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:30.59, Inflammation Score:-8, Nutrition Score:37.423912964437%

Nutrients (% of daily need)

Calories: 846.56kcal (42.33%), Fat: 49.14g (75.6%), Saturated Fat: 18.36g (114.72%), Carbohydrates: 46.17g (15.39%), Net Carbohydrates: 43.74g (15.91%), Sugar: 5.34g (5.93%), Cholesterol: 248.26mg (82.75%), Sodium: 3275.19mg (142.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.67g (109.33%), Zinc: 17.89mg (119.25%), Vitamin B12: 6.73µg (112.21%), Selenium: 71.61µg (102.3%), Vitamin B3: 13.47mg (67.34%), Phosphorus: 628.86mg (62.89%), Vitamin B6: 1.1mg (55.25%), Vitamin B2: 0.85mg (50.04%), Iron: 8.17mg (45.38%), Vitamin B1: 0.66mg (43.95%), Potassium: 1073.93mg (30.68%), Folate: 113.57µg (28.39%), Vitamin A: 1246.89IU (24.94%), Vitamin B5: 2.46mg (24.56%), Manganese: 0.45mg (22.28%), Vitamin E: 3.05mg (20.36%), Magnesium: 76.23mg (19.06%), Calcium:

188.13mg (18.81%), Copper: 0.26mg (13.14%), Vitamin D: 1.79µg (11.9%), Vitamin K: 12.34µg (11.75%), Fiber: 2.42g (9.7%)