



Chicken Fried Steak on Stick with Whatsthere Sauce

READY IN



25 min.

SERVINGS



6

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 inch bamboo skewers
- 0.5 teaspoon pepper black freshly ground
- 1 cup buttermilk
- 2 tablespoons buttermilk
- 4 cups canola oil
- 0.3 teaspoon cayenne pepper
- 1 eggs
- 0.8 cup flour all-purpose

- 1 teaspoon garlic powder
- 1 teaspoon horseradish
- 1 teaspoon hot sauce
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 2 tablespoons freshly parsley leaves chopped
- 1 teaspoon salt
- 0.5 cup semolina flour
- 1 cup heavy whipping cream sour
- 1 pound fat-trimmed beef flank steak sliced into 1-inch wide strips
- 1 tablespoon worcestershire sauce

Equipment

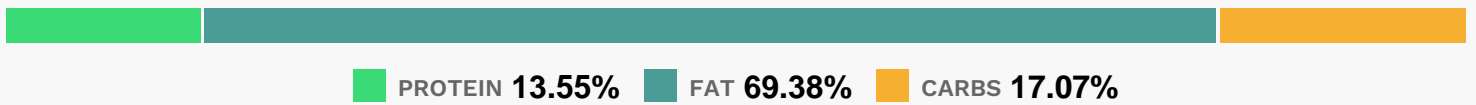
- bowl
- paper towels
- oven
- whisk
- pot
- baking pan
- skewers

Directions

- Watch how to make this recipe.
- Thread the sliced cube steak strips onto the skewers.
- In a baking dish whisk together the egg, buttermilk and hot sauce. In a second baking dish combine the flour, semolina flour, paprika, garlic powder, onion powder, cayenne, salt and pepper.
- Heat the canola oil in a medium pot over medium-high heat to 350 degrees F.

- Dredge the beef skewers in the flour mixture and shake off excess so they are lightly dusted. Dip them in the buttermilk and egg mixture coating both sides, then put back in flour mixture making sure to coat completely.
- Working batches of 6 fry the skewers in hot oil until the coating is golden brown and crispy, about 4 to 5 minutes.
- Remove to a plate lined with paper towels to drain. The skewers can be held in a preheated 250 degree F oven while frying the remaining skewers. Arrange the skewers on a serving platter and serve the sauce.
- Whisk all of the sauce ingredients in a small bowl until smooth.

Nutrition Facts



Properties

Glycemic Index:62.33, Glycemic Load:14.64, Inflammation Score:-7, Nutrition Score:19.450434705485%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 651.34kcal (32.57%), Fat: 50.59g (77.83%), Saturated Fat: 11.98g (74.85%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 26.61g (9.68%), Sugar: 4.12g (4.57%), Cholesterol: 100.96mg (33.65%), Sodium: 556.77mg (24.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.24g (44.47%), Selenium: 41.86µg (59.8%), Vitamin K: 45.75µg (43.57%), Vitamin E: 5.7mg (38%), Vitamin B2: 0.53mg (30.96%), Zinc: 4.63mg (30.9%), Vitamin B3: 5.64mg (28.21%), Vitamin B12: 1.61µg (26.8%), Phosphorus: 235.45mg (23.55%), Vitamin B1: 0.34mg (22.97%), Vitamin B6: 0.4mg (19.87%), Iron: 3.2mg (17.77%), Folate: 68.13µg (17.03%), Vitamin A: 680.09IU (13.6%), Manganese: 0.25mg (12.56%), Potassium: 422.1mg (12.06%), Calcium: 113.93mg (11.39%), Magnesium: 38.38mg (9.59%), Copper: 0.16mg (7.77%), Vitamin B5: 0.59mg (5.9%), Fiber: 1.39g (5.56%), Vitamin D: 0.81µg (5.38%), Vitamin C: 3.4mg (4.12%)