



Chicken-Fried Steak with Country Gravy

READY IN



40 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef trimmed cut into 1/4-inch slices
- 1.5 teaspoons pepper black as needed freshly ground plus more
- 0.3 teaspoon ground pepper
- 1 cup flour all-purpose
- 1 teaspoon garlic powder
- 1 teaspoon kosher salt as needed plus more
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 4 tablespoons butter unsalted ()

0.8 cup vegetable oil for frying

1 cup milk whole

Equipment

frying pan

baking sheet

whisk

wire rack

kitchen thermometer

aluminum foil

cutting board

meat tenderizer

Directions

For the gravy:Melt the butter in a large frying pan over medium heat until foaming.

Place the milk in a shallow dish; set aside. In a second shallow dish, whisk together the flour, measured pepper, garlic powder, onion powder, paprika, measured salt, and cayenne; set aside.

Place 1 piece of the beef on a cutting board and season both sides generously with salt and pepper. Using the studded side of a meat mallet, pound the steak, flipping to equally pound both sides, until it's about 1/8 inch thick.

Transfer to a large plate or baking sheet. Repeat with the remaining pieces of beef.Dip 1 piece of the beef in the reserved flour mixture, turn to coat, and shake off any excess. Dip in the milk, turn to coat, and dip in the flour mixture a second time, shaking off any excess. Return to the plate or baking sheet and repeat with the remaining pieces.

Heat the oil in a large frying pan over medium-high heat until shimmering but not smoking or 350°F on a deep-fry thermometer. Meanwhile, fit a wire rack over a baking sheet; set aside.When the oil is ready, fry 2 to 3 pieces of meat (don't crowd the pan) until golden brown and cooked through, about 2 minutes per side.

Transfer to the wire rack, season with salt, and cover loosely with a piece of aluminum foil to keep warm. Repeat with the remaining pieces.

Serve immediately, smothered in the gravy.

Nutrition Facts

PROTEIN 24.87% FAT 51.5% CARBS 23.63%

Properties

Glycemic Index:49.25, Glycemic Load:18.48, Inflammation Score:-7, Nutrition Score:19.743043631315%

Nutrients (% of daily need)

Calories: 486.23kcal (24.31%), Fat: 27.58g (42.43%), Saturated Fat: 12.2g (76.26%), Carbohydrates: 28.47g (9.49%), Net Carbohydrates: 27.08g (9.85%), Sugar: 3.15g (3.5%), Cholesterol: 107.73mg (35.91%), Sodium: 682.9mg (29.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.97g (59.93%), Vitamin B12: 2.89µg (48.22%), Selenium: 31.96µg (45.65%), Zinc: 6.33mg (42.21%), Vitamin B3: 8.22mg (41.11%), Phosphorus: 331.08mg (33.11%), Vitamin B6: 0.53mg (26.39%), Vitamin B2: 0.44mg (25.65%), Iron: 4.41mg (24.49%), Vitamin B1: 0.34mg (22.34%), Vitamin K: 18.38µg (17.51%), Manganese: 0.35mg (17.45%), Folate: 64.45µg (16.11%), Potassium: 558.53mg (15.96%), Vitamin A: 751.07IU (15.02%), Vitamin B5: 1.14mg (11.4%), Magnesium: 42.94mg (10.74%), Vitamin E: 1.56mg (10.38%), Calcium: 100.81mg (10.08%), Copper: 0.16mg (7.83%), Vitamin D: 0.99µg (6.63%), Fiber: 1.39g (5.54%)