



## Chicken Fried Steak with Cream Gravy

READY IN



95 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 0.5 teaspoon thyme leaves dried
- 0.8 cup bread crumbs dry fine
- 1 eggs lightly beaten
- 1.5 tablespoons flour all-purpose
- 4 servings ground pepper black to taste
- 1 cup milk
- 4 servings salt to taste
- 1 pound beef top round steak boneless cubed

- 2 tablespoons vegetable oil
- 0.3 cup whipping cream

## Equipment

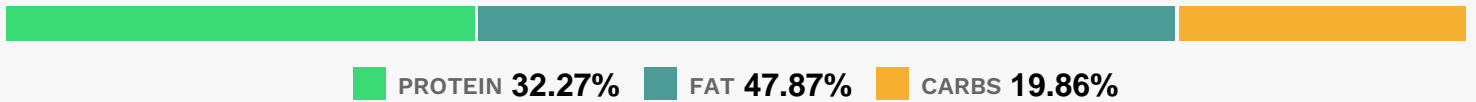
- bowl
- frying pan
- whisk
- plastic wrap
- stove
- meat tenderizer

## Directions

- Trim fat from the steak.
- Cut steak into four serving-size pieces. To tenderize the steak pieces, place each piece between two pieces of plastic wrap. Using the flat side of a meat mallet, pound meat lightly until about 1/4 inch thick.
- Remove and discard plastic wrap.
- Combine egg and the 1 tablespoon milk in a shallow bowl.
- Combine bread crumbs, salt, and pepper in another shallow bowl. Dip steak pieces into egg mixture, turning to coat all sides evenly. Then dip into bread crumb mixture, turning to coat all sides evenly. Gently shake off any excess bread crumbs.
- [Cleaning tip: Wipe off any meat residue or egg spills on the countertop with Clorox® Disinfecting Wipes\*. Rinse hands once complete.]
- Heat oil over medium heat in a very large skillet.
- Add half of the steak pieces to the skillet and cook for 6 minutes or until brown on both sides, turning once.
- Remove steaks from skillet and place on a paper-towel lined plate. Repeat with remaining steak pieces, adding more oil if necessary. Return all of the steaks to the skillet. Reduce heat to medium-low. Cook, covered, for 45 to 60 minutes or until steaks are tender.
- Transfer steaks to a serving platter and cover to keep warm. Reserve 1 1/2 tablespoons drippings in the skillet; discard remaining drippings, or add additional oil if needed.

- Heat reserved drippings in skillet.
- Whisk in flour. Gradually stir in the 1 cup milk, half-and-half, and thyme. Cook, stirring constantly, until thickened and bubbly. Cook, stirring constantly, for 1 minute more. Season to taste with additional salt and pepper.
- Serve gravy over Chicken Fried Steak.
- [Cleaning tip: Once the stove top is cool, wipe up any oil splatters or spills with Clorox® Disinfecting Wipes\*.]

## Nutrition Facts



### Properties

Glycemic Index:44.25, Glycemic Load:2.66, Inflammation Score:-6, Nutrition Score:20.986086937396%

### Nutrients (% of daily need)

Calories: 417.29kcal (20.86%), Fat: 21.9g (33.69%), Saturated Fat: 8.64g (54%), Carbohydrates: 20.44g (6.81%), Net Carbohydrates: 19.35g (7.04%), Sugar: 4.82g (5.36%), Cholesterol: 139.82mg (46.61%), Sodium: 458.92mg (19.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.21g (66.42%), Selenium: 47.38µg (67.68%), Vitamin B3: 9.4mg (47.02%), Vitamin B6: 0.86mg (43%), Zinc: 5.95mg (39.64%), Phosphorus: 385.96mg (38.6%), Vitamin B12: 2.06µg (34.35%), Vitamin B2: 0.43mg (25.58%), Vitamin B1: 0.37mg (24.6%), Iron: 3.73mg (20.75%), Vitamin K: 18.57µg (17.69%), Potassium: 595.24mg (17.01%), Calcium: 160.19mg (16.02%), Vitamin B5: 1.34mg (13.44%), Manganese: 0.27mg (13.3%), Folate: 49.03µg (12.26%), Magnesium: 48.37mg (12.09%), Copper: 0.19mg (9.6%), Vitamin A: 455.75IU (9.12%), Vitamin E: 1.24mg (8.29%), Vitamin D: 1.21µg (8.06%), Fiber: 1.09g (4.36%)