



WHATSheATE



Chicken-Fried Steak With Cream Gravy

READY IN



30 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup percent milk
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 3 cups cornflakes crushed
- ☐ 1 tablespoon cornstarch
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup half-and-half fat-free low-fat or use
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup pepper and garlic powder black freshly ground
- ☐ 4 servings hot sauce to taste

- ☐ 0.5 cup beef broth low-sodium
- ☐ 1 cup combine salt
- ☐ 2 teaspoons the lady's house seasoning see below
- ☐ 16 ounces steaks

Equipment

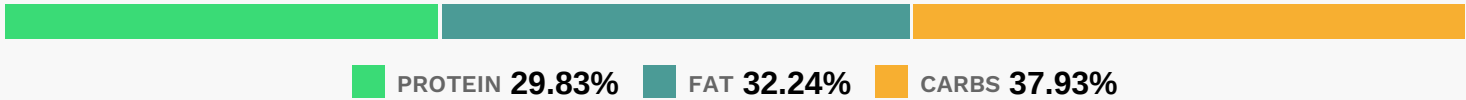
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 400 degrees F. Spray a rimmed baking sheet with cooking spray.
- ☐ Pour the flour onto a dinner plate. In a shallow bowl, whisk together the milk, egg and a few dashes of hot sauce.
- ☐ Place the cornflakes, seasoned with 1 teaspoon of House Seasoning, on a second dinner plate.
- ☐ Season the steaks with the remaining teaspoon of House Seasoning. Dredge them in the flour, patting off any excess, then dip into the egg mixture, letting any excess drip off. Finally, dredge them in the crushed cornflakes, pressing lightly to help the flakes adhere.
- ☐ Place the steaks on the prepared baking sheet. Spray the tops of the steaks lightly with extra cooking spray.
- ☐ Bake until cooked through, about 15 minutes.
- ☐ Meanwhile, in a small cup, mix the cornstarch with 1 tablespoon of the beef broth and stir until the cornstarch is dissolved. In a small saucepan, combine the cornstarch mixture with the remaining beef broth and the half-and-half. Bring to a boil over medium-high heat, stirring frequently.
- ☐ Let the gravy boil, stirring constantly, until thickened, about 2 minutes. Season generously with pepper and serve the steaks smothered in the gravy.
- ☐ Combine 1 cup salt, 1/4 cup freshly ground black pepper and 1/4 cup garlic powder. Store in an airtight container for up to 6 months.

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- ☐ Photograph by Kat Deutsch

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:6.19, Inflammation Score:-7, Nutrition Score:31.953043212061%

Nutrients (% of daily need)

Calories: 401.78kcal (20.09%), Fat: 14.68g (22.59%), Saturated Fat: 5.76g (36%), Carbohydrates: 38.85g (12.95%), Net Carbohydrates: 33.12g (12.04%), Sugar: 3.73g (4.14%), Cholesterol: 129.62mg (43.21%), Sodium: 28614.29mg (1244.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.57g (61.13%), Manganese: 2.2mg (110.16%), Iron: 11.1mg (61.68%), Vitamin B6: 1.19mg (59.26%), Vitamin B3: 11.43mg (57.17%), Selenium: 37.95µg (54.21%), Vitamin B12: 2.72µg (45.38%), Vitamin K: 41.39µg (39.42%), Vitamin B2: 0.64mg (37.36%), Zinc: 5.29mg (35.28%), Phosphorus: 347.44mg (34.74%), Vitamin B1: 0.48mg (32.01%), Folate: 116.88µg (29.22%), Fiber: 5.74g (22.94%), Potassium: 789.55mg (22.56%), Copper: 0.4mg (20.09%), Calcium: 190.92mg (19.09%), Magnesium: 73.39mg (18.35%), Vitamin B5: 1.29mg (12.9%), Vitamin A: 601.33IU (12.03%), Vitamin E: 1.17mg (7.81%), Vitamin D: 1.17µg (7.79%), Vitamin C: 4.64mg (5.63%)