



Chicken Fried Steak with Gravy

READY IN



30 min.

SERVINGS



4

CALORIES



599 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups buttermilk
- 1 cup chicken broth
- 1 eggs lightly beaten
- 1 cup flour all-purpose
- 4 servings ground pepper black
- 4 servings oil for frying
- 4 servings potatoes mashed for serving
- 2 packages garlic-ranch salad dressing mix
- 1 pound fat-trimmed beef flank steak cubed cut into 4 pieces

- 2.6 ounce gravy mix
- 2.6 ounce gravy mix

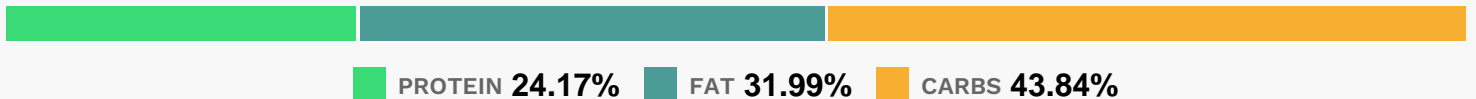
Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- ziploc bags

Directions

- Combine 1 package salad dressing mix, flour, and pepper, to taste, in a large plastic bag. Set aside.
- Combine another package salad dressing mix, egg, and 2 cups buttermilk in a shallow bowl. Soak steaks in buttermilk mixture.
- Remove 1 steak and toss in flour mixture. Shake off any excess flour and dip again in the buttermilk mixture. Return to flour mixture and toss. Repeat process for remaining steaks.
- Heat 1/2-inch layer of oil in a large cast iron skillet to 350 degrees F.
- Place 2 steaks in the pan at a time. Cook for 4 minutes on each side or until golden brown.
- Drain on paper towels.
- To make the gravy, combine 1 cup buttermilk, chicken broth, and gravy package in small saucepan. Bring to simmer over medium heat and stir well. Top steaks with gravy and serve with mashed potatoes and gravy, if desired.

Nutrition Facts



Properties

Glycemic Index:55.44, Glycemic Load:38.26, Inflammation Score:-5, Nutrition Score:28.066086893496%

Flavonoids

Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 598.88kcal (29.94%), Fat: 20.78g (31.97%), Saturated Fat: 7.81g (48.79%), Carbohydrates: 64.09g (21.36%), Net Carbohydrates: 59.92g (21.79%), Sugar: 7.4g (8.23%), Cholesterol: 136.94mg (45.65%), Sodium: 1487.27mg (64.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.33g (70.67%), Selenium: 47.11µg (67.3%), Vitamin B6: 1.22mg (60.79%), Vitamin B3: 10.56mg (52.78%), Phosphorus: 473.47mg (47.35%), Zinc: 5.66mg (37.73%), Vitamin B2: 0.62mg (36.39%), Vitamin C: 29.55mg (35.82%), Vitamin B1: 0.53mg (35.59%), Potassium: 1233.91mg (35.25%), Vitamin B12: 2.06µg (34.27%), Iron: 4.75mg (26.38%), Folate: 104.85µg (26.21%), Manganese: 0.5mg (25.25%), Magnesium: 80.4mg (20.1%), Calcium: 195.72mg (19.57%), Vitamin B5: 1.88mg (18.77%), Copper: 0.36mg (17.8%), Fiber: 4.17g (16.68%), Vitamin D: 1.78µg (11.87%), Vitamin E: 1.14mg (7.63%), Vitamin K: 7.08µg (6.75%), Vitamin A: 262.12IU (5.24%)