



Chicken Fried Steak with Gravy

READY IN



60 min.

SERVINGS



6

CALORIES



794 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups flour all-purpose
- ☐ 6 servings kosher salt
- ☐ 0.8 teaspoon paprika
- ☐ 6 servings potatoes mashed for serving

- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 2 teaspoons lawry's seasoned salt
- ☐ 3 pounds fat-trimmed beef flank steak (tenderized round steak that's been extra tenderized)
- ☐ 0.5 cup vegetable oil
- ☐ 1.5 cups milk whole
- ☐ 3 cups milk whole

Equipment

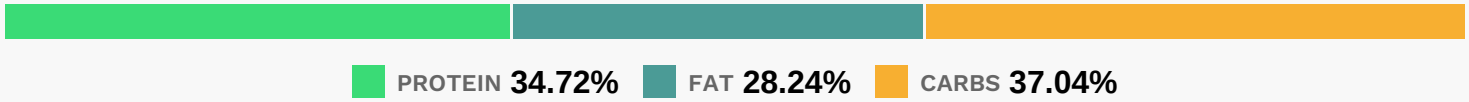
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ aluminum foil
- ☐ stove

Directions

- ☐ Watch how to make this recipe.
- ☐ For the steak: Begin with setting up an assembly line of dishes.
- ☐ Mix the milk with the eggs in one; the flour mixed with the seasoned salt, 1 1/2 teaspoons black pepper, paprika and cayenne in another; and the meat in a third. Then have one clean plate at the end to receive the breaded meat.
- ☐ Work with one piece of meat at a time.
- ☐ Sprinkle both sides with kosher salt and black pepper, then place it in the flour mixture. Turn to coat.
- ☐ Place the meat into the milk/egg mixture, turning to coat. Finally, place it back in the flour and turn to coat (dry mixture/wet mixture/dry mixture).
- ☐ Place the breaded meat on the clean plate, then repeat with the remaining meat.
- ☐ Heat the oil in a large skillet over medium heat.
- ☐ Add the butter. Drop in a few sprinkles of flour to make sure it's sufficiently hot. When the butter sizzles immediately, you know it's ready. (It should not brown right away, if it does, the

- fire is too hot.) Cook the meat, 3 pieces at a time, until the edges start to look golden brown, about 2 minutes each side.
- ☐ Remove the meat to a paper towel-lined plate and keep them warm by covering lightly with another plate or a sheet of foil. Repeat until all the meat is cooked.
 - ☐ After all the meat is fried, pour off the grease into a heatproof bowl. Without cleaning the skillet, return it to the stove over medium-low heat.
 - ☐ Add 1/4 cup of the grease back to the skillet and allow it to heat up.
 - ☐ For the gravy: When the grease is hot, sprinkle the flour evenly over the grease. Using a whisk, mix the flour with the grease, creating a golden-brown paste.
 - ☐ Add more flour if it looks overly greasy; add a little more grease if it becomes too pasty/clumpy. Keep cooking until the roux reaches a deep golden brown color.
 - ☐ Pour in the milk, whisking constantly.
 - ☐ Add the seasoned salt and black pepper to taste and cook, whisking, until the gravy is smooth and thick, 5 to 10 minutes. Be prepared to add more milk if it becomes overly thick. Be sure to taste to make sure gravy is sufficiently seasoned.
 - ☐ Serve the meat next to a big side of mashed potatoes.
 - ☐ Pour gravy over the whole shebang!

Nutrition Facts



Properties

Glycemic Index:73.13, Glycemic Load:49.3, Inflammation Score:-7, Nutrition Score:46.042173758797%

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: 793.66kcal (39.68%), Fat: 24.47g (37.64%), Saturated Fat: 9.52g (59.47%), Carbohydrates: 72.21g (24.07%), Net Carbohydrates: 67.47g (24.53%), Sugar: 10.2g (11.34%), Cholesterol: 231.86mg (77.29%), Sodium: 1410.41mg (61.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.69g (135.38%), Selenium: 90.44µg (129.2%), Vitamin B6: 2.12mg (106.1%), Vitamin B3: 20.34mg (101.71%), Vitamin B12: 5.43µg (90.45%), Phosphorus: 861.06mg (86.11%), Zinc: 11.49mg (76.6%), Vitamin B2: 0.99mg (58.31%), Vitamin B1: 0.83mg (55.17%), Potassium:

1788.84mg (51.11%), Iron: 8.61mg (47.81%), Folate: 150.57µg (37.64%), Vitamin C: 29.62mg (35.9%), Magnesium: 126.67mg (31.67%), Vitamin B5: 3.14mg (31.36%), Manganese: 0.63mg (31.31%), Calcium: 307.49mg (30.75%), Copper: 0.48mg (23.96%), Fiber: 4.75g (18.99%), Vitamin D: 2.57µg (17.15%), Vitamin K: 13.59µg (12.95%), Vitamin A: 606.13IU (12.12%), Vitamin E: 1.44mg (9.61%)