



Chicken Fried Steak with Gravy

READY IN

ready

35 min.

SERVINGS

servings

6

CALORIES

calories

439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 4 eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon paprika
- ☐ 6 servings parsley leaves chopped for garnish
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 24 ounces steaks
- ☐ 0.5 cup vegetable oil
- ☐ 1.5 cups milk whole

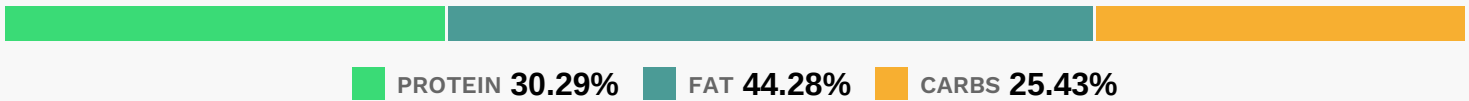
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ meat tenderizer

Directions

- ☐ Heat a medium-high skillet over medium-high heat.
- ☐ Add oil. Cook's Note: Oil is heated when you drop a little flour in and the oil spits.
- ☐ Pound out the cube steaks with a meat mallet until they are 1/4 to 1/2-inches thick. Salt and pepper both sides.
- ☐ Mix the flour, cayenne and paprika together in a bowl. Beat the eggs in another bowl. Dredge the steaks through the flour, then egg mixture, then through the flour again.
- ☐ Place the steak carefully in the pan as the oil will splatter. Cook until golden brown, about 4 to 6 minutes on each side. When finished, place on a sheet tray lined with paper towels, hold in a warm oven and repeat the procedure with the other pieces of steak.
- ☐ When all steaks have been cooked off, pour off all but 2 tablespoons of the cooking oil and lower heat.
- ☐ Add 3 tablespoons of the leftover flour mixture to the oil and whisk to create a paste. Cook until golden, about 1 minute. Gradually add the milk to the flour and oil mixture while whisking together. Season the gravy with salt and pepper, to taste.
- ☐ Let cook until thickened; about 10 minutes.
- ☐ Pour gravy over the steak to finish and garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:18.4, Inflammation Score:-6, Nutrition Score:23.920434765194%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 438.66kcal (21.93%), Fat: 21.14g (32.52%), Saturated Fat: 7.55g (47.16%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 26.26g (9.55%), Sugar: 3.18g (3.53%), Cholesterol: 198.09mg (66.03%), Sodium: 135.84mg (5.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.53g (65.05%), Vitamin K: 74.53µg (70.98%), Selenium: 48.79µg (69.7%), Vitamin B3: 8.88mg (44.42%), Vitamin B6: 0.81mg (40.3%), Phosphorus: 384.35mg (38.44%), Zinc: 5.26mg (35.08%), Vitamin B12: 1.99µg (33.09%), Vitamin B2: 0.5mg (29.6%), Vitamin B1: 0.39mg (26.04%), Iron: 4.09mg (22.75%), Folate: 89.67µg (22.42%), Potassium: 572.37mg (16.35%), Vitamin B5: 1.5mg (14.98%), Vitamin A: 670.45IU (13.41%), Manganese: 0.26mg (13.03%), Calcium: 128.5mg (12.85%), Magnesium: 45.11mg (11.28%), Copper: 0.18mg (8.79%), Vitamin D: 1.26µg (8.38%), Vitamin E: 1.13mg (7.54%), Vitamin C: 5.38mg (6.53%), Fiber: 1.05g (4.21%)