



## Chicken-Fried Steak with Redeye Curry Gravy

READY IN



30 min.

SERVINGS



30

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoon curry powder
- ☐ 1 large eggs lightly beaten (large)
- ☐ 1.5 cups flour all-purpose
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons juice of lime
- ☐ 30 servings lime wedges for serving
- ☐ 0.5 cup milk
- ☐ 1 small onion thinly sliced (small)

- ☐ 30 servings pepper freshly ground
- ☐ 30 servings salt
- ☐ 1.5 tablespoons sriracha
- ☐ 0.5 cup hot-brewed coffee
- ☐ 1.5 teaspoons sugar
- ☐ 12 slices top round ()
- ☐ 13 ounces coconut milk unsweetened canned
- ☐ 30 servings vegetable oil

## Equipment

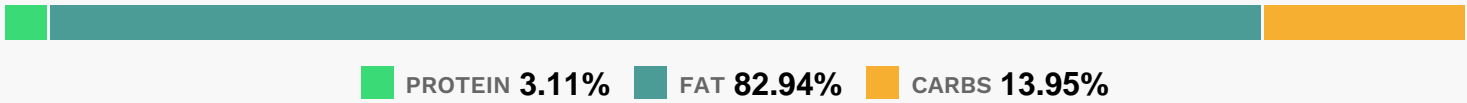
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

## Directions

- ☐ In a pie plate, whisk the egg with the milk. In another pie plate, generously season the flour with salt and pepper. Dredge the beef in the flour, tapping off the excess. Dip the coated slices in the beaten egg mixture and dredge again in the flour, lightly patting the coating to help it adhere.
- ☐ In a large cast-iron skillet, heat 1/2 inch of vegetable oil until shimmering. Working in 2 batches, fry the steak over moderate heat, turning once, until golden and crispy, about 5 minutes.
- ☐ Drain on paper towels and season lightly with salt.
- ☐ Pour the cooking oil into a heatproof cup and wipe out the skillet. Return 2 tablespoons of the oil to the skillet and add the onion, garlic and ginger. Cook over moderate heat, stirring occasionally, until the onion is softened and browned, about 5 minutes.
- ☐ Add the curry powder and Sriracha and cook, stirring, for 2 minutes.
- ☐ Add the coffee and boil until reduced by half, about 3 minutes.
- ☐ Add the coconut milk, lime juice and sugar, season the gravy with salt and pepper and simmer until thickened, about 5 minutes.

Put the chicken-fried steaks in shallow bowls. Top with the curry gravy and serve with lime wedges.

# Nutrition Facts



## Properties

Glycemic Index:10.8, Glycemic Load:3.77, Inflammation Score:-1, Nutrition Score:3.693478261647%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

## Nutrients (% of daily need)

Calories: 183.85kcal (9.19%), Fat: 17.33g (26.66%), Saturated Fat: 4.88g (30.48%), Carbohydrates: 6.56g (2.19%), Net Carbohydrates: 5.94g (2.16%), Sugar: 0.98g (1.09%), Cholesterol: 6.93mg (2.31%), Sodium: 217.51mg (9.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Vitamin K: 26.21µg (24.96%), Manganese: 0.19mg (9.3%), Vitamin E: 1.24mg (8.27%), Selenium: 3.68µg (5.26%), Vitamin B1: 0.06mg (3.94%), Folate: 15.34µg (3.84%), Iron: 0.62mg (3.46%), Phosphorus: 29.77mg (2.98%), Vitamin B2: 0.05mg (2.96%), Vitamin B3: 0.52mg (2.61%), Copper: 0.05mg (2.48%), Fiber: 0.61g (2.45%), Vitamin C: 1.69mg (2.05%), Magnesium: 8.07mg (2.02%), Potassium: 63.59mg (1.82%), Zinc: 0.2mg (1.35%), Vitamin B6: 0.02mg (1.25%), Calcium: 11.98mg (1.2%), Vitamin B5: 0.11mg (1.13%)