



## Chicken-Fried Steak with Soy Milk Gravy

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons canola oil divided
- 1 tablespoon cornstarch
- 2 large eggs
- 4 teaspoons parsley fresh chopped
- 0.5 teaspoon salt
- 2 cups soy milk plain divided
- 16 ounce steaks cubed

- 1 cup basic breading mix for fried foods
- 1 cup basic breading mix for fried foods

## Equipment

- bowl
- frying pan
- whisk

## Directions

- Place Basic Breading
- Mix for Fried Foods in a shallow bowl.
- Combine 1/2 cup soy milk and eggs in a separate shallow bowl, stirring with a whisk. Dredge steaks in breading mix. Dip in egg mixture; dredge again in breading mix.
- Coat a large skillet with cooking spray.
- Add 1 tablespoon oil; place over medium-high heat until hot. Fry 2 steaks in hot oil 4 minutes on each side or until golden brown.
- Transfer steaks to a platter. Repeat procedure with remaining 1 tablespoon oil and remaining 2 steaks, reserving drippings in pan.
- Combine remaining 1 1/2 cups soy milk, cornstarch, salt, and pepper in a 2-cup glass measure, stirring with a whisk until smooth. Stir milk mixture into drippings in pan. Bring to a boil over medium-high heat; cook, stirring constantly, 1 minute or until thickened. Spoon gravy over steaks.
- Sprinkle evenly with parsley.

## Nutrition Facts

    
 **PROTEIN 33.21%**  **FAT 59.9%**  **CARBS 6.89%**

## Properties

Glycemic Index:24.35, Glycemic Load:1.23, Inflammation Score:-5, Nutrition Score:21.302173728528%

## Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

## Nutrients (% of daily need)

Calories: 371.07kcal (18.55%), Fat: 24.13g (37.12%), Saturated Fat: 6.42g (40.15%), Carbohydrates: 6.24g (2.08%), Net Carbohydrates: 5.69g (2.07%), Sugar: 3.08g (3.42%), Cholesterol: 174.65mg (58.22%), Sodium: 453.51mg (19.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.1g (60.21%), Selenium: 38.47µg (54.95%), Vitamin B3: 10.79mg (53.96%), Vitamin B6: 1.02mg (50.78%), Vitamin B12: 2.89µg (48.19%), Zinc: 4.98mg (33.18%), Vitamin E: 4.86mg (32.41%), Vitamin B2: 0.47mg (27.9%), Phosphorus: 278.14mg (27.81%), Calcium: 206.75mg (20.67%), Potassium: 584.76mg (16.71%), Iron: 2.91mg (16.15%), Folate: 62.18µg (15.54%), Copper: 0.27mg (13.44%), Vitamin D: 1.92µg (12.77%), Vitamin A: 608.53IU (12.17%), Vitamin B1: 0.18mg (11.92%), Vitamin B5: 1.05mg (10.52%), Vitamin C: 8.63mg (10.46%), Vitamin K: 8.7µg (8.29%), Magnesium: 28.49mg (7.12%), Manganese: 0.06mg (2.78%), Fiber: 0.56g (2.23%)