



Chicken Fried Steaks and Creamed Pan Gravy with Biscuits

READY IN



33 min.

SERVINGS



4

CALORIES



1114 kcal

SAUCE

Ingredients

- 1.3 cups beef broth
- 1 package bake-off biscuits prepared
- 0.3 cup cornmeal
- 0.3 cup cup heavy whipping cream
- 2 eggs beaten
- 1 cup flour
- 0.5 teaspoon ground pepper
- 4 servings waxed paper

- 1 pounds round steak (1/)
- 1 teaspoon salt
- 1 teaspoon paprika sweet
- 4 tablespoons vegetable oil
- 2 tablespoons water

Equipment

- frying pan
- whisk

Directions

- Preheat large, heavy skillet over medium high heat.
- Set steaks on to a waxed paper lined work surface and cover with another piece of waxed paper. Pound steaks to 1/4-inch thick. Pull steaks off work surface and set to the side. Line work surface with more waxed paper.
- Pour 1/2 cup flour into 2 piles on opposite sides of the work space.
- Add cornmeal, paprika, salt and pepper to 1 pile of flour. Beat eggs and water in a pie plate or shallow dish.
- Cut steaks into 4 portions and coat in flour, eggs, then seasoned flour and cornmeal.
- Add 2 tablespoons oil to hot pan and cook 2 steaks at a time. Brown steaks about 2 minutes per side, or until cooked and remove from the pan.
- Add 2 tablespoons more oil and repeat with remaining 2 steaks.
- Remove steaks to serving platter and pour off all but 2 to 3 tablespoons of drippings.
- Add 2 tablespoons flour to drippings and cook 2 minutes.
- Whisk in broth and season with salt and pepper.
- Whisk half and half or cream into gravy. When gravy bubbles, remove from heat.
- Serve steaks and warm biscuits with gravy on top.

Nutrition Facts



■ PROTEIN 14.67% ■ FAT 46.65% ■ CARBS 38.68%

Properties

Glycemic Index:63.63, Glycemic Load:68.06, Inflammation Score:-7, Nutrition Score:32.825651888614%

Nutrients (% of daily need)

Calories: 1114.09kcal (55.7%), Fat: 57.3g (88.15%), Saturated Fat: 17.44g (108.99%), Carbohydrates: 106.9g (35.63%), Net Carbohydrates: 103.09g (37.49%), Sugar: 25.16g (27.96%), Cholesterol: 170.18mg (56.73%), Sodium: 1365.03mg (59.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.55g (81.1%), Selenium: 58.85µg (84.07%), Vitamin B3: 14.41mg (72.03%), Vitamin B1: 0.81mg (54.02%), Vitamin B2: 0.86mg (50.55%), Vitamin B6: 0.99mg (49.44%), Iron: 8.3mg (46.12%), Phosphorus: 454.27mg (45.43%), Folate: 181.14µg (45.29%), Manganese: 0.86mg (42.85%), Zinc: 6.4mg (42.66%), Vitamin B12: 2.42µg (40.26%), Vitamin K: 40.22µg (38.3%), Vitamin E: 4.78mg (31.88%), Potassium: 674.92mg (19.28%), Magnesium: 71.94mg (17.99%), Vitamin B5: 1.73mg (17.27%), Copper: 0.32mg (16.02%), Fiber: 3.81g (15.23%), Vitamin A: 681.99IU (13.64%), Calcium: 72.73mg (7.27%), Vitamin D: 0.79µg (5.28%)