



Country Fried Steak

READY IN



67 min.

SERVINGS



8

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounce tenderized beef round steak
- 0.3 cup pepper black
- 0.5 teaspoon pepper black freshly ground
- 2 cups buttermilk
- 1.5 cups plus 2 tablespoons flour all-purpose
- 0.3 cup garlic powder
- 1 bunch green onions sliced
- 1 cup salt
- 1.5 teaspoons salt

- 1 teaspoon seasoning salt
- 0.7 cup vegetable oil
- 1 quart milk whole

Equipment

- bowl
- frying pan
- paper towels
- wooden spoon

Directions

- Combine 1 1/2 cups flour and 1/4 teaspoon of pepper in a small bowl.
- Sprinkle 1 side of the meat with the House Seasoning and the other side with the seasoning salt, and then dredge the meat in buttermilk and then flour.
- Heat 1/2 cup oil in a heavy skillet over medium-high heat.
- Add 2 or 4 of the steaks to the hot oil and fry until browned, about 5 to 6 minutes per side.
- Remove each steak to a paper towel-lined plate to drain. Repeat with the remaining steaks, adding up to 1/4 cup more oil, as needed.
- Make the gravy by adding the 2 tablespoons of remaining flour to the pan drippings, scraping the bottom with a wooden spoon. Stir in the remaining 1/4 teaspoon pepper, and the salt. Reduce the heat to medium and cook, stirring frequently, until the flour is medium brown and the mixture is bubbly. Slowly add the whole milk stirring constantly. Return the steaks to the skillet and bring to a boil over medium-high heat. Reduce the heat to low, and place the onions on top of the steaks. Cover the pan, and let simmer for 30 minutes.
- Combine all ingredients. Store in an airtight container for up to 6 months.

Nutrition Facts



PROTEIN 17.12% **FAT 35.01%** **CARBS 47.87%**

Properties

Glycemic Index:30.63, Glycemic Load:17.16, Inflammation Score:-5, Nutrition Score:16.842173972855%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 299.39kcal (14.97%), Fat: 11.94g (18.37%), Saturated Fat: 4.95g (30.91%), Carbohydrates: 36.74g (12.25%), Net Carbohydrates: 33.46g (12.17%), Sugar: 8.98g (9.98%), Cholesterol: 29.44mg (9.81%), Sodium: 14995.59mg (651.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.14g (26.28%), Manganese: 1.24mg (62.07%), Calcium: 269.53mg (26.95%), Vitamin B2: 0.44mg (26.03%), Phosphorus: 259.8mg (25.98%), Selenium: 18.06µg (25.8%), Vitamin K: 26.05µg (24.81%), Vitamin B1: 0.33mg (22.19%), Vitamin B12: 1.15µg (19.17%), Vitamin B6: 0.31mg (15.33%), Potassium: 520.98mg (14.89%), Iron: 2.67mg (14.83%), Vitamin D: 2.1µg (13.97%), Folate: 52.99µg (13.25%), Fiber: 3.28g (13.11%), Zinc: 1.96mg (13.1%), Vitamin B3: 2.42mg (12.08%), Magnesium: 47.86mg (11.97%), Copper: 0.21mg (10.72%), Vitamin B5: 0.93mg (9.34%), Vitamin A: 363.8IU (7.28%), Vitamin E: 0.56mg (3.71%)