



## Country-Fried Steak

READY IN



45 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup flour all-purpose divided
- 1.3 cups milk divided
- 0.3 teaspoon pepper divided
- 1 teaspoon salt divided
- 1 pound steaks cubed
- 4 servings vegetable oil

### Equipment

- frying pan

paper towels

## Directions

- Sprinkle cubed steaks with 3/4 teaspoon salt and 1/2 teaspoon pepper; dip in 1/4 cup milk. Dredge steaks in 1 cup flour.
- Heat oil in a large skillet over medium heat. Cook steaks 8 minutes or until golden brown, turning once.
- Remove steaks, reserving 2 tablespoons pan drippings in skillet.
- Drain steaks on paper towels, and keep warm.
- Add remaining 2 tablespoons flour to pan drippings, stirring until smooth. Cook over low heat 1 minute, stirring constantly. Gradually add remaining milk; cook over medium heat, stirring constantly, until thickened and bubbly. Stir in remaining salt and pepper.
- Transfer steak to a warm serving platter; serve immediately with gravy.

## Nutrition Facts



## Properties

Glycemic Index:36.25, Glycemic Load:18.62, Inflammation Score:-4, Nutrition Score:19.01608699301%

## Nutrients (% of daily need)

Calories: 495.63kcal (24.78%), Fat: 29.14g (44.84%), Saturated Fat: 8.48g (53.02%), Carbohydrates: 27.49g (9.16%), Net Carbohydrates: 26.61g (9.68%), Sugar: 3.75g (4.17%), Cholesterol: 90.8mg (30.27%), Sodium: 679.03mg (29.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.19g (58.39%), Selenium: 40.06µg (57.23%), Vitamin B3: 8.81mg (44.05%), Vitamin B6: 0.76mg (37.9%), Phosphorus: 338.89mg (33.89%), Zinc: 4.9mg (32.67%), Vitamin B12: 1.81µg (30.11%), Vitamin K: 27.86µg (26.53%), Vitamin B1: 0.38mg (25.56%), Vitamin B2: 0.38mg (22.62%), Iron: 3.32mg (18.43%), Folate: 69.68µg (17.42%), Potassium: 529.48mg (15.13%), Calcium: 125.47mg (12.55%), Manganese: 0.25mg (12.42%), Vitamin B5: 1.09mg (10.88%), Vitamin E: 1.6mg (10.67%), Magnesium: 41.2mg (10.3%), Copper: 0.15mg (7.44%), Vitamin D: 0.84µg (5.59%), Fiber: 0.88g (3.5%), Vitamin A: 124.21IU (2.48%)