

Country Fried Steak

 Popular

READY IN



25 min.

SERVINGS



4

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs
- 1 cup flour all-purpose
- 1.5 teaspoons garlic powder
- 0.3 cup milk
- 1.5 teaspoons steak seasoning
- 1.5 teaspoons onion powder
- 4 ounce saltines crushed
- 1.5 teaspoons lawry's seasoned salt

- 16 ounce steaks
- 2 tablespoons vegetable oil

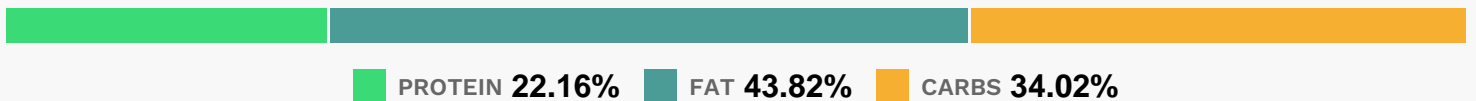
Equipment

- bowl
- frying pan
- whisk
- kitchen thermometer

Directions

- Whisk together the egg and milk in a shallow bowl; set aside.
- Whisk together the flour, crushed saltines, seasoned salt, onion powder, and steak seasoning. Dip the steaks in the egg mixture, then press each steak in the flour mixture. Pat the flour mixture into the steaks to coat them completely.
- Heat oil in a large skillet over medium-high heat, and fry the steaks until they are golden brown, firm, hot in the center, and just turning from pink to grey, about 4 minutes per side. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:17.56, Inflammation Score:-5, Nutrition Score:21.499565314987%

Nutrients (% of daily need)

Calories: 561.69kcal (28.08%), Fat: 27.2g (41.84%), Saturated Fat: 9.34g (58.39%), Carbohydrates: 47.52g (15.84%), Net Carbohydrates: 45.58g (16.58%), Sugar: 1.32g (1.47%), Cholesterol: 111.92mg (37.31%), Sodium: 1221.26mg (53.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.95g (61.9%), Selenium: 45.28µg (64.69%), Vitamin B3: 9.28mg (46.4%), Zinc: 6.53mg (43.51%), Vitamin B1: 0.57mg (37.82%), Vitamin B2: 0.64mg (37.55%), Vitamin B12: 2.09µg (34.8%), Iron: 5.54mg (30.77%), Vitamin B6: 0.55mg (27.62%), Phosphorus: 271.5mg (27.15%), Folate: 105.79µg (26.45%), Manganese: 0.53mg (26.44%), Vitamin K: 27.66µg (26.34%), Potassium: 444.61mg (12.7%), Magnesium: 43.78mg (10.94%), Copper: 0.2mg (9.92%), Fiber: 1.94g (7.75%), Vitamin E: 1.04mg (6.96%), Calcium: 54.71mg (5.47%), Vitamin B5: 0.51mg (5.11%), Vitamin D: 0.5µg (3.34%), Vitamin A: 121.14IU (2.42%)