



## Country-Fried Steak and Milk Gravy

READY IN



35 min.

SERVINGS



4

CALORIES



420 kcal

SAUCE

### Ingredients

- 2 eggs lightly beaten
- 1 cup flour all-purpose
- 1.8 teaspoons pepper black divided
- 1 cup milk
- 0.5 teaspoon salt divided
- 16 ounce fat-trimmed beef flank steak
- 0.3 cup frangelico
- 0.3 cup frangelico

## Equipment

- frying pan
- paper towels
- whisk

## Directions

- Season meat with 1/4 teaspoon of the salt and 1/4 teaspoon of the pepper; set aside. In a shallow dish, mix flour with 1 teaspoon of the pepper. Dredge each steak in flour. Dip in beaten egg, then dredge in flour again.
- Heat lard in a large, heavy skillet over medium-high heat. Fry steaks 3 to 4 minutes on each side, or until golden brown.
- Drain on paper towels.
- Pour off all but 2 tablespoons of the fat.
- Sprinkle 2 tablespoons of the dredging flour into oil. Cook over medium heat for 1 minute, scraping up any browned bits from the bottom of skillet. Gradually whisk in milk. Cook, stirring frequently, 3 to 4 minutes, or until thickened and bubbly.
- Add 1/4 teaspoon salt, and 1/4 to 1/2 teaspoons pepper; gravy should be quite peppery.

## Nutrition Facts



## Properties

Glycemic Index:36.25, Glycemic Load:18.44, Inflammation Score:-4, Nutrition Score:18.911739085032%

## Nutrients (% of daily need)

Calories: 419.87kcal (20.99%), Fat: 20.41g (31.41%), Saturated Fat: 9.02g (56.35%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 26.35g (9.58%), Sugar: 3.11g (3.45%), Cholesterol: 158.33mg (52.78%), Sodium: 404.87mg (17.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.91g (61.82%), Selenium: 46.22µg (66.03%), Zinc: 6.58mg (43.87%), Vitamin B12: 2.41µg (40.13%), Vitamin B3: 7.49mg (37.44%), Vitamin B2: 0.61mg (35.98%), Phosphorus: 303.6mg (30.36%), Vitamin B6: 0.54mg (27.17%), Vitamin B1: 0.39mg (25.93%), Iron: 3.87mg (21.52%), Folate: 71.08µg (17.77%), Manganese: 0.33mg (16.7%), Potassium: 470.89mg (13.45%), Magnesium: 42.15mg (10.54%), Calcium: 104.03mg (10.4%), Vitamin D: 1.22µg (8.16%), Copper: 0.16mg (8.09%), Vitamin B5: 0.71mg

(7.14%), Vitamin A: 239.42IU (4.79%), Fiber: 1.07g (4.26%), Vitamin K: 3.48 $\mu$ g (3.31%), Vitamin E: 0.29mg (1.93%)