



Country-Fried Steak in Paradise

READY IN



45 min.

SERVINGS



4

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons add carrot and onion to bacon fat . cook
- ☐ 0.3 cup cornmeal
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.1 teaspoon garlic powder
- ☐ 1 pinch ground pepper red
- ☐ 1 teaspoon ground pepper black divided
- ☐ 2 cups milk
- ☐ 0.8 teaspoon salt divided

☐ 1 pound rump steak cubed

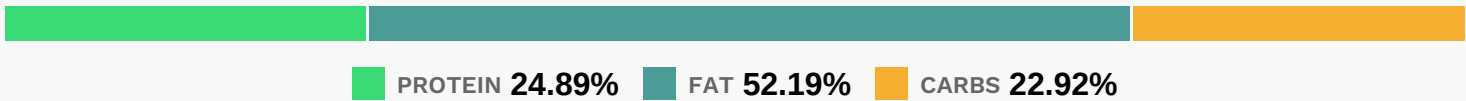
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Stir together 1/2 cup flour, cornmeal, 1/2 teaspoon salt, 1/2 teaspoon pepper, red pepper, and garlic powder in a shallow dish.
- ☐ Cut steak into 4 pieces, and dredge in flour mixture.
- ☐ Heat bacon drippings in a large cast-iron skillet until hot.
- ☐ Add steak, and cook 3 to 5 minutes or until browned, turning once. Cover, reduce heat, and cook 15 minutes. Uncover and cook 10 minutes or until crisp, turning once.
- ☐ Drain on paper towels, reserving drippings in skillet; transfer steak to a serving platter.
- ☐ Heat reserved drippings in skillet; whisk in 2 tablespoons flour, and cook, whisking constantly, until browned. Gradually whisk in milk, and cook, whisking constantly, 3 to 5 minutes or until thickened. Stir in remaining 1/4 teaspoon salt and remaining 1/2 teaspoon pepper.
- ☐ Serve gravy with steak.

Nutrition Facts



Properties

Glycemic Index:81.38, Glycemic Load:17.25, Inflammation Score:-4, Nutrition Score:17.957390967433%

Nutrients (% of daily need)

Calories: 498.06kcal (24.9%), Fat: 28.47g (43.8%), Saturated Fat: 11.96g (74.73%), Carbohydrates: 28.13g (9.38%), Net Carbohydrates: 26.53g (9.65%), Sugar: 6.08g (6.76%), Cholesterol: 84.79mg (28.26%), Sodium: 555.07mg (24.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.55g (61.1%), Vitamin B12: 3.81µg (63.52%), Selenium: 28.24µg (40.35%), Phosphorus: 365.07mg (36.51%), Zinc: 4.68mg (31.21%), Vitamin B6: 0.58mg (28.81%), Vitamin B3: 5.64mg (28.21%), Vitamin B2: 0.48mg (28.16%), Vitamin B1: 0.36mg (24.31%), Iron: 3.53mg (19.64%), Potassium:

594.49mg (16.99%), Calcium: 162.96mg (16.3%), Manganese: 0.28mg (14.09%), Magnesium: 53.19mg (13.3%), Folate: 45.79µg (11.45%), Vitamin D: 1.52µg (10.11%), Vitamin B5: 0.96mg (9.58%), Copper: 0.15mg (7.52%), Fiber: 1.6g (6.4%), Vitamin A: 210.78IU (4.22%), Vitamin K: 1.28µg (1.22%), Vitamin E: 0.16mg (1.1%)