



Country Fried Steak with Biscuits and Gravy

 Very Healthy

READY IN



80 min.

SERVINGS



4

CALORIES



1950 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 32 ounce tenderized beef round steak have butcher run them through cubing machine
- ☐ 0.3 cup pepper black
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups buttermilk
- ☐ 1.5 cups plus 2 tablespoons flour all-purpose
- ☐ 5 cups flour all-purpose

- ☐ 0.3 cup garlic powder
- ☐ 1 bunch green onions sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 cup salt
- ☐ 1.5 teaspoons salt
- ☐ 1 teaspoon seasoning salt
- ☐ 0.8 cup solid shortening recommended: Crisco
- ☐ 2 tablespoons sugar
- ☐ 0.7 cup vegetable oil
- ☐ 0.5 cup water lukewarm
- ☐ 1 quart milk whole
- ☐ 1 package yeast
- ☐ 0.5 teaspoon monosodium glutamate recommended: Ac'cent
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Equipment

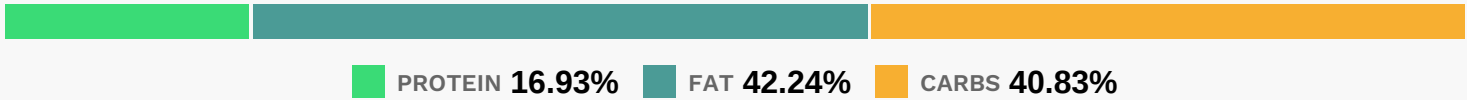
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ wooden spoon

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 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 and the Ac'cent, if using 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.
- ☐ Biscuits: Preheat oven to 400 degrees F. Dissolve yeast in warm water; set aside.
- ☐ Mix dry ingredients together.
- ☐ Cut in shortening.
- ☐ Add yeast and buttermilk and mix well. Turn dough onto lightly floured surface and roll out to desired thickness.
- ☐ Cut with small biscuit cutter and place on greased baking sheet.
- ☐ Bake for 12 minutes or until golden brown.
- ☐ Split biscuits in half and top with country fried steak and drizzle with gravy.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:120.52, Glycemic Load:125.52, Inflammation Score:-9, Nutrition Score:64.66608693807%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 1950.47kcal (97.52%), Fat: 92.07g (141.64%), Saturated Fat: 32.24g (201.53%), Carbohydrates: 200.25g (66.75%), Net Carbohydrates: 189g (68.73%), Sugar: 24.37g (27.08%), Cholesterol: 179.94mg (59.98%), Sodium: 30983.76mg (1347.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 83.05g (166.11%), Selenium: 137.7µg (196.71%), Manganese: 3.56mg (177.76%), Vitamin B1: 2.27mg (151.14%), Vitamin B2: 2.2mg (129.54%), Vitamin B3: 24.48mg (122.39%), Folate: 438.82µg (109.7%), Phosphorus: 1050.99mg (105.1%), Zinc: 15.35mg (102.32%), Vitamin

B12: 5.6µg (93.26%), Iron: 16.4mg (91.12%), Calcium: 754.7mg (75.47%), Vitamin B6: 1.5mg (75.02%), Vitamin K: 75.99µg (72.38%), Potassium: 1758.48mg (50.24%), Fiber: 11.25g (45.01%), Magnesium: 173.83mg (43.46%), Copper: 0.82mg (41.09%), Vitamin B5: 3.05mg (30.51%), Vitamin D: 4.39µg (29.26%), Vitamin E: 3.56mg (23.76%), Vitamin A: 757.36IU (15.15%), Vitamin C: 1.31mg (1.59%)