



Country-Fried Steak with Mushroom Gravy

READY IN



45 min.

SERVINGS



4

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 2 large egg whites
- 1.3 cups milk fat-free
- 3 tablespoons milk fat-free
- 0.3 cup flour all-purpose
- 2.5 tablespoons flour all-purpose
- 0.3 teaspoon garlic powder
- 14 ounce low-salt beef broth fat-free canned
- 2 cups mushrooms quartered

- 0.5 teaspoon onion powder
- 2.7 cups potatoes frozen mashed (such as Ore Ida)
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 16 ounce sirloin steaks cubed
- 2 teaspoons vegetable oil

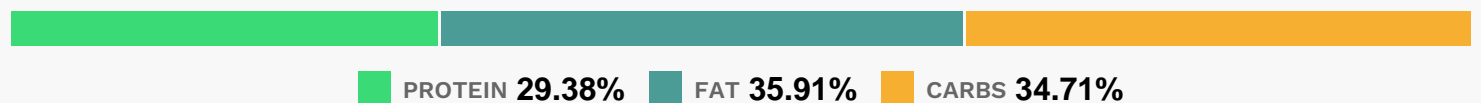
Equipment

- frying pan
- whisk

Directions

- Combine 3 tablespoons milk and egg whites in a shallow dish, stirring with a whisk.
- Combine 1/3 cup flour and next 4 ingredients (1/3 cup flour through pepper) in a shallow dish. Working with 1 steak at a time, dip in egg mixture; dredge in flour mixture. Repeat procedure with remaining steaks, egg mixture, and flour mixture.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add steaks; cook 3 minutes on each side or until browned.
- Remove steaks from pan; keep warm.
- While steaks cook, prepare mashed potatoes according to package directions, using 1 1/3 cups milk. Keep warm.
- Add mushrooms to pan; saut 3 minutes.
- Combine 2 1/2 tablespoons flour, 1/4 teaspoon salt, and broth, stirring with a whisk.
- Add broth mixture to pan. Bring to a boil; cook 1 minute, stirring constantly. Spoon over steaks.
- Serve with mashed potatoes.

Nutrition Facts



Properties

Glycemic Index:92.31, Glycemic Load:28.12, Inflammation Score:-6, Nutrition Score:25.922174096107%

Flavonoids

Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 493.13kcal (24.66%), Fat: 19.6g (30.16%), Saturated Fat: 7.29g (45.57%), Carbohydrates: 42.63g (14.21%), Net Carbohydrates: 38.57g (14.03%), Sugar: 6.91g (7.68%), Cholesterol: 66.29mg (22.1%), Sodium: 756.08mg (32.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.08g (72.16%), Vitamin B12: 3.73µg (62.09%), Selenium: 33.96µg (48.52%), Vitamin B6: 0.96mg (48.02%), Phosphorus: 438.38mg (43.84%), Potassium: 1495.56mg (42.73%), Vitamin B2: 0.71mg (41.84%), Vitamin B3: 8.35mg (41.74%), Vitamin C: 28.65mg (34.73%), Zinc: 4.92mg (32.81%), Vitamin B1: 0.44mg (29.18%), Iron: 4.36mg (24.23%), Copper: 0.43mg (21.27%), Vitamin B5: 1.92mg (19.19%), Manganese: 0.38mg (19.06%), Magnesium: 76.14mg (19.03%), Folate: 67.79µg (16.95%), Fiber: 4.05g (16.22%), Calcium: 153.05mg (15.3%), Vitamin D: 1.12µg (7.45%), Vitamin K: 7.06µg (6.72%), Vitamin A: 193.03IU (3.86%), Vitamin E: 0.22mg (1.43%)