

Country-Style Steak

 Dairy Free

READY IN



155 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef broth
- ☐ 1 pound beef cube steaks
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup olive oil
- ☐ 1 teaspoon cracked pepper black
- ☐ 1 teaspoon lawry's seasoned salt

Equipment

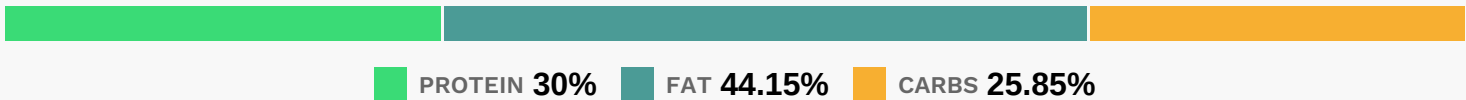
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix the flour, black pepper, seasoned salt, and garlic powder together in a shallow bowl, and coat the cube steaks thoroughly with the flour mixture, patting the flour onto the steaks to get a good coating. Retain 3 tablespoons of seasoned flour.
- ☐ Heat the olive oil in a skillet over medium heat, and pan-fry the cube steaks until golden brown on both sides, about 5 minutes per side.
- ☐ Place the steaks into a 9x12-inch baking dish.
- ☐ Whisk the retained seasoned flour into the beef broth until smooth, and pour the broth over the steaks. Cover the dish with aluminum foil.
- ☐ Bake in the preheated oven until the meat is tender and the gravy has thickened, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:17.31, Inflammation Score:-3, Nutrition Score:16.44217401176%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 383.2kcal (19.16%), Fat: 18.38g (28.28%), Saturated Fat: 5.81g (36.33%), Carbohydrates: 24.21g (8.07%), Net Carbohydrates: 23.24g (8.45%), Sugar: 0.09g (0.1%), Cholesterol: 81.65mg (27.22%), Sodium: 1096.64mg (47.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.1g (56.2%), Selenium: 39.47µg (56.38%), Vitamin

B3: 9.67mg (48.36%), Vitamin B6: 0.72mg (36.23%), Zinc: 4.59mg (30.61%), Phosphorus: 278.07mg (27.81%),
Vitamin B12: 1.48µg (24.65%), Vitamin B1: 0.34mg (22.9%), Iron: 3.59mg (19.92%), Folate: 72.15µg (18.04%), Vitamin
B2: 0.31mg (17.95%), Manganese: 0.31mg (15.26%), Potassium: 484.94mg (13.86%), Magnesium: 35.09mg (8.77%),
Vitamin B5: 0.83mg (8.32%), Vitamin E: 1.2mg (7.99%), Copper: 0.15mg (7.65%), Vitamin K: 5.75µg (5.48%),
Calcium: 40.6mg (4.06%), Fiber: 0.97g (3.88%)