



## David's Chicken-Fried Steak with Redeye Gravy

READY IN



150 min.

SERVINGS



4

CALORIES



978 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups buttermilk
- ☐ 2 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 4 servings gravy
- ☐ 0.3 teaspoon ground pepper red

- ☐ 0.5 teaspoon hot sauce
- ☐ 16 oz beef rib steak
- ☐ 1 teaspoon salt
- ☐ 3 cups vegetable oil

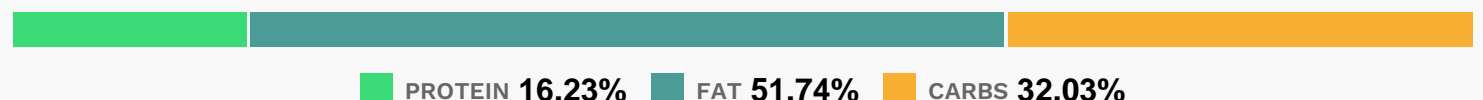
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ meat tenderizer

## Directions

- ☐ Place steaks between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness, using flat side of a meat mallet. Lightly pound steak, using textured side of meat mallet. Wrap tightly with plastic wrap, and chill 1 hour.
- ☐ Combine flour and next 3 ingredients in a bowl.
- ☐ Whisk together eggs and next 2 ingredients in a separate bowl.
- ☐ Sprinkle both sides of steaks with salt and black pepper.
- ☐ Dip steaks in egg mixture, and dredge in flour mixture, shaking off excess. Repeat procedure two more times.
- ☐ Fry steaks, 1 at a time, in hot oil in a nonstick skillet over medium-high heat 4 to 6 minutes on each side or until golden.
- ☐ Drain on a wire rack in a jelly-roll pan.
- ☐ Serve with gravy.

## Nutrition Facts



# Properties

Glycemic Index:65.5, Glycemic Load:53.85, Inflammation Score:-8, Nutrition Score:33.068695578886%

## Nutrients (% of daily need)

Calories: 978.05kcal (48.9%), Fat: 56.05g (86.23%), Saturated Fat: 15.34g (95.89%), Carbohydrates: 78.06g (26.02%), Net Carbohydrates: 75.46g (27.44%), Sugar: 6.24g (6.93%), Cholesterol: 175.45mg (58.48%), Sodium: 1064.37mg (46.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.55g (79.1%), Selenium: 71.59µg (102.27%), Vitamin B2: 1.06mg (62.15%), Vitamin B1: 0.9mg (60.19%), Vitamin K: 62.87µg (59.88%), Vitamin B3: 11.23mg (56.14%), Zinc: 7.26mg (48.39%), Folate: 192.9µg (48.22%), Vitamin B12: 2.66µg (44.28%), Phosphorus: 438.57mg (43.86%), Iron: 6.92mg (38.44%), Manganese: 0.67mg (33.57%), Vitamin B6: 0.58mg (29.18%), Calcium: 233.9mg (23.39%), Vitamin E: 3.12mg (20.78%), Potassium: 605.94mg (17.31%), Magnesium: 60.15mg (15.04%), Vitamin D: 2.17µg (14.49%), Copper: 0.27mg (13.71%), Vitamin B5: 1.25mg (12.52%), Fiber: 2.6g (10.4%), Vitamin A: 403.52IU (8.07%)