



Matt's Chicken-Fried Steak

READY IN



45 min.

SERVINGS



6

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups breadcrumbs soft
- ☐ 0.8 cup buttermilk
- ☐ 1 sprigs cherry tomatoes fresh red sliced
- ☐ 1.5 pounds ground round ()
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 0.3 cup vegetable oil

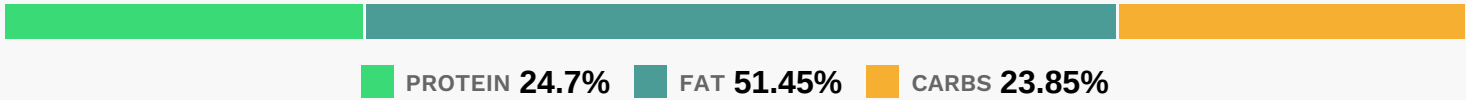
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Form ground round into 6 patties, or trim any fat from round, sirloin, or flank steak, and cut into 6 equal pieces.
- ☐ Place steak pieces, 1 at a time, between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness using a meat mallet.
- ☐ Combine breadcrumbs, salt, and pepper in a large shallow dish. Dredge patties or steak pieces in breadcrumb mixture. Dip into buttermilk, and dip again in breadcrumb mixture.
- ☐ Heat oil in a large skillet over medium-high heat until hot. If desired, add corn tortillas, 1 at a time, and cook until crisp.
- ☐ Drain, pressing between layers of paper towels.
- ☐ Add patties or steak to hot oil; cook 3 to 5 minutes on each side or until crisp.
- ☐ Remove from heat, reserving 3 tablespoons drippings if making Cream Gravy.
- ☐ Drain patties or steak on paper towels.
- ☐ Place patties or steak on tortillas, if desired. Top with sauce of your choice, and sprinkle with cheese, if desired. Broil 5 inches from heat (with electric oven door partially open) until cheese melts.
- ☐ Garnish, if desired.
- ☐ *1 cup all-purpose flour or 1/4 (15-ounce) box saltine crackers (about 40 crackers), coarsely crushed, may be substituted for breadcrumbs.
- ☐ ** 1/2 cup milk and 2 large eggs, stirred together, may be substituted for buttermilk.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:18.480000000447%

Nutrients (% of daily need)

Calories: 467.89kcal (23.39%), Fat: 26.36g (40.55%), Saturated Fat: 7.45g (46.59%), Carbohydrates: 27.49g (9.16%), Net Carbohydrates: 25.83g (9.39%), Sugar: 3.7g (4.11%), Cholesterol: 77.01mg (25.67%), Sodium: 757.49mg (32.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.47g (56.94%), Vitamin B12: 2.77µg (46.17%), Selenium: 29.02µg (41.45%), Vitamin B3: 8.17mg (40.85%), Zinc: 6.07mg (40.47%), Phosphorus: 293.86mg (29.39%), Vitamin B1: 0.41mg (27.34%), Vitamin K: 25.92µg (24.69%), Iron: 4.31mg (23.95%), Vitamin B6: 0.47mg (23.67%), Vitamin B2: 0.37mg (22%), Manganese: 0.37mg (18.29%), Potassium: 477.73mg (13.65%), Folate: 46.87µg (11.72%), Calcium: 114.98mg (11.5%), Magnesium: 41.47mg (10.37%), Vitamin B5: 0.99mg (9.9%), Vitamin E: 1.41mg (9.37%), Copper: 0.18mg (9.18%), Fiber: 1.66g (6.65%), Vitamin D: 0.5µg (3.36%), Vitamin A: 51.23IU (1.02%)