



Southern Living Magazine's Chicken-Fried Steak

READY IN



45 min.

SERVINGS



4

CALORIES



1041 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 eggs
- 1.3 cups flour all-purpose divided
- 0.5 teaspoon ground pepper red
- 1.5 teaspoons ground pepper black divided
- 4.8 cups milk
- 4 servings garnish: parsley fresh chopped
- 3.5 cups vegetable oil; peanut oil preferred

- 0.3 teaspoon pepper
- 2 teaspoons salt divided
- 38 saltines crushed
- 16 ounce steaks

Equipment

- frying pan
- oven
- whisk
- wire rack

Directions

- SPRINKLE salt and pepper evenly over steaks. Set aside.
- COMBINE cracker crumbs, 1 cup flour, baking powder, 1 teaspoon salt, 1/2 teaspoon black pepper, and red pepper.
- WHISK together 3/4 cup milk and eggs. Dredge steaks in cracker crumb mixture; dip in milk mixture, and dredge in cracker mixture again.
- POUR oil into a 12-inch skillet; heat to 360 degrees. (Do not use a nonstick skillet.) Fry steaks 10 minutes. Turn and fry 4 to 5 more minutes or until golden brown.
- Remove to a wire rack on a jellyroll pan. Keep steaks warm in a 225 degree oven. Carefully drain hot oil, reserving cooked bits and 1 tablespoon drippings in skillet.
- WHISK together remaining 1/4 cup flour, 1 teaspoon salt, 1 teaspoon black pepper, and 4 cups milk.
- Pour mixture into reserved drippings in skillet; cook over medium-high heat, whisking constantly, 10 to 12 minutes, or until thickened.
- Serve gravy with steaks and mashed potatoes.
- Sprinkle with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:83.25, Glycemic Load:27, Inflammation Score:-8, Nutrition Score:37.095217518184%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1041.34kcal (52.07%), Fat: 68.15g (104.84%), Saturated Fat: 20.16g (125.97%), Carbohydrates: 65.68g (21.89%), Net Carbohydrates: 63.41g (23.06%), Sugar: 14.56g (16.17%), Cholesterol: 185.78mg (61.93%), Sodium: 1687.51mg (73.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.06g (84.12%), Selenium: 56.18µg (80.26%), Vitamin K: 77.49µg (73.8%), Vitamin B2: 1.11mg (65.35%), Vitamin B12: 3.67µg (61.14%), Phosphorus: 586.15mg (58.61%), Vitamin B1: 0.78mg (52.18%), Zinc: 7.83mg (52.17%), Vitamin B3: 10.1mg (50.49%), Vitamin E: 6.78mg (45.17%), Calcium: 427.79mg (42.78%), Vitamin B6: 0.72mg (36.03%), Iron: 6.16mg (34.25%), Folate: 129.91µg (32.48%), Manganese: 0.65mg (32.45%), Potassium: 893.17mg (25.52%), Vitamin D: 3.74µg (24.94%), Vitamin A: 1051.26IU (21.03%), Magnesium: 80.41mg (20.1%), Vitamin B5: 1.75mg (17.53%), Copper: 0.22mg (11.13%), Fiber: 2.28g (9.1%), Vitamin C: 5.51mg (6.68%)