



Tyler's Country-Fried Steak with Uncle Ellis' Cornmeal Gravy

READY IN



65 min.

SERVINGS



6

CALORIES



889 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups buttermilk
- ☐ 1.5 cups round buttery crackers crushed finely
- ☐ 3 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 6 tablespoons marjoram fresh chopped
- ☐ 6 servings uncle ellis' cornmeal gravy
- ☐ 0.3 teaspoon ground pepper
- ☐ 1 teaspoon kosher salt

- ☐ 36 oz top sirloin steaks cubed
- ☐ 6 servings vegetable oil

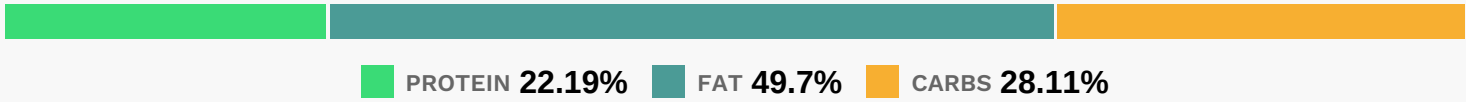
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Sprinkle cubed steaks with salt and pepper.
- ☐ Combine flour, crackers, and marjoram in a shallow dish.
- ☐ Whisk eggs and buttermilk in a bowl.
- ☐ Dip steaks in egg mixture; dredge in cracker mixture. Repeat procedure.
- ☐ Pour oil to depth of 1 1/2 inches in a large heavy skillet.
- ☐ Heat to 32
- ☐ Fry steaks, in batches, 5 to 7 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:28.33, Glycemic Load:35.74, Inflammation Score:-7, Nutrition Score:33.388695706492%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 889.37kcal (44.47%), Fat: 48.36g (74.41%), Saturated Fat: 15.59g (97.42%), Carbohydrates: 61.53g (20.51%), Net Carbohydrates: 59.42g (21.61%), Sugar: 5.42g (6.02%), Cholesterol: 197.13mg (65.71%), Sodium: 738.2mg (32.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.59g (97.18%), Vitamin B12: 5.32µg (88.65%), Selenium: 60.59µg (86.55%), Vitamin K: 66.68µg (63.51%), Vitamin B3: 10.71mg (53.57%), Vitamin B2: 0.91mg (53.45%), Phosphorus: 523.21mg (52.32%), Vitamin B1: 0.78mg (51.76%), Zinc: 6.76mg (45.05%), Iron: 7.59mg (42.16%), Folate: 154.18µg (38.55%), Vitamin B6: 0.76mg (37.81%), Manganese: 0.55mg (27.72%), Potassium: 765.09mg (21.86%), Magnesium: 62.77mg (15.69%), Vitamin B5: 1.55mg (15.53%), Calcium: 152.05mg (15.2%), Copper: 0.29mg (14.27%), Vitamin E: 2.04mg (13.6%), Vitamin D: 1.54µg (10.27%), Vitamin A: 435.94IU (8.72%), Fiber: 2.12g (8.48%), Vitamin C: 2.66mg (3.22%)