

# Chicken Fried Steak with Gravy

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-style-chicken-recipe-with-gravy>

## Ingredients:

- steak
- chicken
- 1 1/2 cups buttermilk
- 2 large eggs
- 1 1/3 cups all purpose flour
- 2/3 cup mashed potato flakes instant
- 1/2 teaspoon cumin
- 3/4 teaspoon paprika
- 1/4 teaspoon cayenne
- 4 cubes steaks
- pepper
- salt
- 1/4 cup canola oil
- 2 tablespoons butter
- gravy
- 2 cloves garlic minced
- 1/3 cup all purpose flour
- 3 cups milk
- 1 cup chicken broth
- 1/2 teaspoon salt
- 1 tablespoon parsley
- ground black pepper Freshly

## Nutrition:

1. Calories: 1060 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 390 milligrams
4. Fat: 41 grams
5. Fiber: 3 grams

6. Protein: 100 grams
  7. SaturatedFat: 12 grams
  8. Sodium: 1170 milligrams
  9. Sugar: 16 grams
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