

Chicken Fried Steak (Country Fried)

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/fried-italian-steak-sandwich-recipe>

Ingredients:

- 2 steaks beef cube, pounded extra if you like, I do!, about 12-16 ounces beef
- 1 large egg
- 2 tablespoons milk
- 1 1/4 cups flour
- 2 teaspoons black pepper
- 2 teaspoons paprika
- 1 tablespoon cajun spice
- salt to taste
- 1/4 cup butter
- 1/4 cup flour
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika
- 1 teaspoon cajun spice
- salt to taste
- 3 cups whole milk

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 100 milligrams
4. Fat: 19 grams
5. Fiber: 2 grams
6. Protein: 13 grams
7. SaturatedFat: 11 grams
8. Sodium: 570 milligrams
9. Sugar: 10 grams

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