

# Chicken Fried Steak

Yield: 8 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/anglo-indian-salt-meat-recipe>

## Ingredients:

- 3 pounds cube steak tenderized Round Steak That's Been Extra Tenderized
- 1 1/2 cups whole milk
- 2 cups gravy
- 2 whole large eggs
- 3 cups all-purpose flour
- seasoned salt
- 1/4 teaspoon cayenne
- black pepper LOTS Of, . Lots.
- canola oil For Frying
- meat
- gravy
- salt
- pepper
- 5 pounds russet Or Yukon Gold Potatoes
- 3/4 cup butter
- 8 ounces cream cheese Softened
- 1/2 cup half and half to 3/4 Cups
- 1/2 teaspoon seasoned salt to 1 Teaspoon Lawry's
- 1/2 teaspoon black pepper to 1 Teaspoon

## Nutrition:

1. Calories: 1320 calories
2. Carbohydrate: 96 grams
3. Cholesterol: 220 milligrams
4. Fat: 84 grams
5. Fiber: 5 grams
6. Protein: 48 grams
7. SaturatedFat: 41 grams
8. Sodium: 850 milligrams

9. Sugar: 6 grams

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