

# Country Fried Steak

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-country-fried-steak-recipe>

## Ingredients:

- 1 egg
- 1/4 cup milk
- 1 cup all-purpose flour
- 4 ounces saltine crackers crushed
- 1 1/2 teaspoons seasoned salt
- 1 1/2 teaspoons onion powder
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons montreal steak seasoning
- 16 ounces steaks
- 2 tablespoons vegetable oil

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 55 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 350 milligrams
9. Sugar: 2 grams

---

Thank you for visiting our website. Hope you enjoy Country Fried Steak above. You can see more 15 southern style country fried steak recipe Unleash your inner chef! to get more great cooking ideas.