

Chicken Fried Steak with Country Gravy

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/steak-bites-and-potato-recipes>

Ingredients:

- 1 1/2 cups flour
- 1/8 teaspoon cayenne
- 1/2 teaspoon pepper
- 1 teaspoon salt
- 1 large egg
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 cup buttermilk
- 4 cubes minute steaks each about 4 to 5 ounces
- oil
- steaks
- 1 medium onion very finely minced, optional
- 1 pinch thyme optional
- 3 tablespoons flour may use flour reserved from dipping
- 1/2 cup chicken stock
- 2 cups whole milk 1 or 2 percent is not as rich, but works
- salt as desired
- 1/4 teaspoon pepper or to taste
- 1 pinch cayenne

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 70 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 13 grams

7. SaturatedFat: 3.5 grams
 8. Sodium: 1070 milligrams
 9. Sugar: 9 grams
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