

cracker barrel chicken fried steak nutrition

cracker barrel chicken fried steak nutrition is a popular topic among diners who want to enjoy this classic comfort food while staying mindful of their dietary intake. Cracker Barrel's chicken fried steak is a beloved menu item, known for its crispy breading and savory flavor. Understanding the nutrition facts of this dish helps customers make informed decisions based on their health goals. This article provides a detailed breakdown of the calorie content, macronutrients, vitamins, and minerals found in Cracker Barrel's chicken fried steak. Additionally, it examines common side dishes and how they affect the overall meal's nutritional profile. For those tracking fat, sodium, or carbohydrate intake, this guide offers valuable insights and practical tips for balancing taste and nutrition when ordering at Cracker Barrel. The following sections explore the nutritional components of chicken fried steak, comparisons with similar dishes, and suggestions for healthier dining choices.

- Cracker Barrel Chicken Fried Steak: Nutritional Breakdown
- Macronutrients in Chicken Fried Steak
- Micronutrients and Vitamins
- Sodium and Fat Content Considerations
- Comparing Chicken Fried Steak to Other Menu Items
- Healthier Choices and Modifications at Cracker Barrel

Cracker Barrel Chicken Fried Steak: Nutritional Breakdown

The nutrition profile of Cracker Barrel chicken fried steak varies slightly depending on portion size and preparation, but generally, it is a calorie-dense entrée. This dish consists of a tenderized beef steak coated in seasoned flour and deep-fried to achieve a crispy exterior. It is often served with creamy country gravy, which adds richness and additional calories. Understanding the exact calories, macronutrients, and other nutritional components is essential for those monitoring their diet.

On average, a single serving of Cracker Barrel chicken fried steak contains approximately 900 to 1,000 calories. This estimate includes the steak itself and the accompanying country gravy. The dish is high in protein due to the beef content but also contains significant amounts of fat and carbohydrates from the breading and frying process. The following sections break down these components in more detail to provide a comprehensive understanding of cracker barrel chicken fried steak nutrition.

Macronutrients in Chicken Fried Steak

Macronutrients play a critical role in the overall nutrition of chicken fried steak. These include protein, fat, and carbohydrates, which provide energy and support bodily functions. Knowing the macronutrient distribution helps diners balance their meals according to their nutritional needs.

Protein Content

Chicken fried steak is a good source of protein, mainly derived from the beef. A typical serving provides about 45 to 50 grams of protein, which supports muscle repair, immune function, and satiety. This makes it a substantial protein source for those looking to maintain or build muscle mass.

Fat Content

The fat content in cracker barrel chicken fried steak is relatively high due to the frying process and the addition of gravy. A standard portion can contain between 50 and 60 grams of total fat, including saturated fat. Saturated fat intake should be moderated as part of a heart-healthy diet, given its association with cardiovascular risk.

Carbohydrates

The carbohydrate content primarily comes from the breading used on the steak and the country gravy, which often contains flour and milk. Carbohydrates in this dish usually range from 40 to 50 grams per serving. This includes both complex carbohydrates from the breading and simple sugars that may be present in the gravy.

- Protein: ~45-50 grams
- Total Fat: ~50-60 grams
- Saturated Fat: ~15-20 grams
- Carbohydrates: ~40-50 grams
- Calories: ~900-1,000 kcal

Micronutrients and Vitamins

Beyond macronutrients, cracker barrel chicken fried steak also contributes to daily micronutrient intake. Beef is naturally rich in essential vitamins and minerals such as iron, zinc, and B vitamins. However, the breading and frying can dilute some of these benefits.

Iron and Zinc

The beef in chicken fried steak provides a good source of heme iron, which is highly bioavailable and important for oxygen transport in the blood. Additionally, zinc supports immune function and wound healing. A serving can provide approximately 20% to 25% of the recommended daily intake for both minerals.

B Vitamins

Chicken fried steak is a notable source of several B vitamins, including B12, niacin, and riboflavin. These vitamins are essential for energy metabolism, nervous system health, and red blood cell formation. The cooking method preserves a fair amount of these nutrients, though some loss occurs during frying.

Calcium and Vitamin D

The country gravy served with the steak often contains milk or cream, contributing to calcium and vitamin D intake. These nutrients are vital for bone health and muscle function. However, the amounts vary depending on the recipe and portion size of the gravy.

Sodium and Fat Content Considerations

Sodium and fat are two critical factors when evaluating cracker barrel chicken fried steak nutrition, especially for individuals managing hypertension or cardiovascular disease risk. Monitoring these components can help maintain overall health while enjoying this dish.

Sodium Levels

Chicken fried steak at Cracker Barrel is typically high in sodium due to seasoning in the breading, gravy, and preparation methods. A single serving can contain over 1,500 milligrams of sodium, which is a significant portion of the daily recommended limit of 2,300 milligrams. Excess sodium intake may contribute to increased blood pressure and fluid retention.

Fat Quality and Quantity

The frying process increases the total fat content and introduces trans fats if partially hydrogenated oils are used, though Cracker Barrel's current cooking oils may limit this. Saturated fat is also relatively high due to both the beef and the creamy gravy. Consuming these fats in moderation is advised to reduce the risk of heart disease.

Comparing Chicken Fried Steak to Other Menu

Items

When considering cracker barrel chicken fried steak nutrition, it is helpful to compare this dish to other popular menu options. This contextualizes its nutritional value and aids in making well-rounded dining choices.

Chicken Fried Chicken

Chicken fried chicken is a similar dish with a comparable preparation style. However, it tends to be slightly lower in calories and fat due to the leaner protein source. It typically contains around 700 to 800 calories per serving, making it a lighter alternative.

Country Fried Steak without Gravy

Ordering chicken fried steak without the country gravy reduces calorie and fat intake significantly. The gravy adds about 150 to 200 calories and increases the fat and sodium content.

Burger and Sandwich Options

Cracker Barrel also offers burgers and sandwiches that vary widely in nutritional content. Many contain less fat and sodium than chicken fried steak, especially when paired with healthier sides.

Healthier Choices and Modifications at Cracker Barrel

For those who want to enjoy chicken fried steak while managing cracker barrel chicken fried steak nutrition, several modifications and side dish choices can improve the meal's health profile.

Portion Control

Sharing the entrée or saving part of the meal for later can reduce calorie and fat intake. Smaller portions help balance indulgence with nutritional goals.

Choosing Sides Wisely

Opting for steamed vegetables, fresh fruit, or a side salad instead of fried or creamy sides lowers overall fat, calorie, and sodium consumption. Some healthier side options at Cracker Barrel include:

- Steamed broccoli or green beans
- Fresh seasonal fruit
- Side salad with light dressing

- Baked potato without butter or sour cream

Requesting Modifications

Asking for gravy on the side, reduced salt preparation, or grilled rather than fried options where available can help reduce calorie and sodium intake. Customizing meals to meet dietary needs is encouraged.

Frequently Asked Questions

How many calories are in Cracker Barrel's chicken fried steak?

Cracker Barrel's chicken fried steak contains approximately 1,100 calories per serving, depending on portion size and accompaniments.

What is the fat content in Cracker Barrel chicken fried steak?

A serving of Cracker Barrel's chicken fried steak has about 70 grams of fat, including both saturated and unsaturated fats.

How much protein does Cracker Barrel chicken fried steak provide?

Cracker Barrel's chicken fried steak offers around 45 grams of protein per serving, making it a high-protein meal option.

Is Cracker Barrel chicken fried steak high in sodium?

Yes, the chicken fried steak at Cracker Barrel is relatively high in sodium, with approximately 1,600 milligrams per serving.

Does Cracker Barrel chicken fried steak contain carbohydrates?

Yes, the chicken fried steak contains about 50 grams of carbohydrates, primarily from the breading used in frying.

Are there any common allergens in Cracker Barrel chicken fried steak?

Cracker Barrel chicken fried steak typically contains wheat (gluten), eggs, and dairy, which are common allergens.

Can Cracker Barrel chicken fried steak fit into a low-carb diet?

Due to its breading, Cracker Barrel chicken fried steak is relatively high in carbohydrates and may not be suitable for a strict low-carb diet.

What are some healthier modifications for Cracker Barrel chicken fried steak?

To make it healthier, you can request no gravy, smaller portions, or pair it with steamed vegetables instead of fried sides.

How does Cracker Barrel chicken fried steak nutrition compare to other menu items?

Cracker Barrel chicken fried steak is one of the higher-calorie and higher-fat options on the menu compared to grilled or lighter fare.

Additional Resources

1. Cracker Barrel Chicken Fried Steak: A Nutritional Breakdown

This book offers an in-depth analysis of the nutritional content found in Cracker Barrel's famous chicken fried steak. It examines calorie count, macronutrients, and potential allergens, helping readers make informed dietary choices. With tips on how to enjoy this comfort food while maintaining a balanced diet, it's a valuable resource for health-conscious diners.

2. The Ultimate Guide to Southern Comfort Foods and Nutrition

Focusing on classic Southern dishes, this guide includes a detailed section on chicken fried steak from popular chains like Cracker Barrel. It discusses the nutritional profiles of traditional recipes and suggests healthier modifications. Readers will learn how to savor Southern flavors without compromising their health goals.

3. Understanding Restaurant Nutrition Labels: Cracker Barrel Edition

This book educates readers on how to interpret and utilize nutrition information from restaurant menus, with Cracker Barrel as a key example. It breaks down the ingredients and nutritional values of their chicken fried steak and other menu items. The book also offers strategies for making smarter dining choices when eating out.

4. Healthy Eating at Cracker Barrel: Balancing Taste and Nutrition

A practical guide for those who love Cracker Barrel but want to maintain a healthy lifestyle. It highlights the nutritional aspects of popular dishes, including chicken fried steak, and provides alternatives and portion control tips. The book encourages mindful eating without sacrificing flavor.

5. Chicken Fried Steak and Beyond: Nutritional Insights for Home Cooks

Perfect for home chefs, this book explores the nutritional components of chicken fried steak and similar dishes. It includes healthier recipes inspired by Cracker Barrel's offerings and advice on ingredient substitutions. Readers can recreate their favorite meals with improved nutritional profiles.

6. *The Science of Fried Foods: Nutrition and Health Impacts*

This comprehensive text delves into the science behind frying foods like chicken fried steak and their effects on nutrition and health. Using Cracker Barrel's chicken fried steak as a case study, it explains how frying alters nutrient content and offers healthier cooking methods. Ideal for those interested in food science and nutrition.

7. *Cracker Barrel Favorites: Nutritional Facts and Wellness Tips*

A detailed overview of Cracker Barrel's most popular dishes, including chicken fried steak, with a focus on nutrition. The book discusses calories, fats, proteins, and carbohydrates found in these meals and offers wellness tips for diners. Readers will find practical advice on enjoying comfort food mindfully.

8. *Balancing Indulgence and Nutrition: The Cracker Barrel Chicken Fried Steak Story*

This narrative explores the history and popularity of Cracker Barrel's chicken fried steak, along with its nutritional implications. It provides insights into how indulgent foods can fit into a balanced diet. The book is perfect for food lovers who want to understand the health side of their favorite comfort foods.

9. *Dining Out Smart: Nutrition Strategies for Cracker Barrel and Similar Restaurants*

A guide aimed at helping readers navigate restaurant menus with a focus on nutrition, featuring Cracker Barrel's chicken fried steak as a primary example. It offers practical tips for reducing calorie intake and choosing healthier options while dining out. The book empowers readers to enjoy meals without guilt.

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