



Beef schnitzel

READY IN



40 min.

SERVINGS



5

CALORIES



808 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 fat-trimmed beef flank steak thin-cut
- ☐ 50 g flour plain
- ☐ 2 tsp paprika
- ☐ 2 eggs lightly beaten
- ☐ 250 g breadcrumbs dried
- ☐ 5 tsp butter
- ☐ 5 tsp olive oil
- ☐ 5 servings lemon wedges

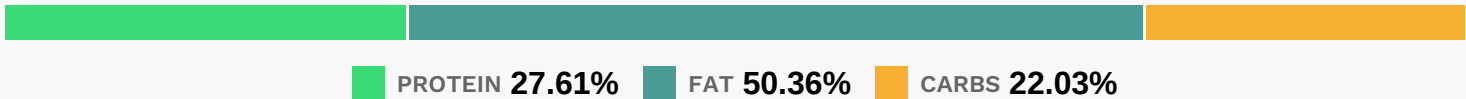
Equipment

- ☐ frying pan
- ☐ rolling pin
- ☐ cutting board

Directions

- ☐ Stretch a piece of cling film over a chopping board, lay the steaks on top of it, then put another piece of cling film on top. Use a rolling pin to bash the steaks until they are really flat and thin.
- ☐ Mix the flour and paprika with some salt and pepper on a plate.
- ☐ Put the egg and breadcrumbs on two more plates, then dip the steaks into the flour first, then the egg, then the breadcrumbs.
- ☐ Heat 1 tsp of butter and 1 tsp of oil in a large frying pan, then cook one of the schnitzels for about 1 min on each side until the breadcrumbs are golden and crispy. Repeat Step 3 for the other schnitzels.
- ☐ Serve with lemon wedges, salad and coleslaw, if you like.

Nutrition Facts



Properties

Glycemic Index:33.1, Glycemic Load:5.57, Inflammation Score:-7, Nutrition Score:32.280869686085%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 807.66kcal (40.38%), Fat: 45.05g (69.31%), Saturated Fat: 18.59g (116.21%), Carbohydrates: 44.34g (14.78%), Net Carbohydrates: 41.47g (15.08%), Sugar: 3.32g (3.68%), Cholesterol: 214.08mg (71.36%), Sodium: 541.6mg (23.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.58g (111.16%), Selenium: 76.65µg (109.5%),

Zinc: 12.66mg (84.41%), Vitamin B3: 15.08mg (75.41%), Vitamin B12: 4.09µg (68.2%), Vitamin B2: 0.88mg (52.04%), Vitamin B1: 0.77mg (51.44%), Vitamin B6: 1.02mg (50.86%), Phosphorus: 457.84mg (45.78%), Iron: 7.3mg (40.56%), Manganese: 0.55mg (27.38%), Folate: 87.56µg (21.89%), Potassium: 762.27mg (21.78%), Magnesium: 75.09mg (18.77%), Copper: 0.34mg (16.89%), Vitamin A: 707.25IU (14.14%), Calcium: 122.29mg (12.23%), Fiber: 2.87g (11.48%), Vitamin K: 10.57µg (10.07%), Vitamin E: 1.26mg (8.43%), Vitamin B5: 0.62mg (6.2%), Vitamin D: 0.58µg (3.85%)