



Chicken Fried Steak Cuban Style

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



793 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups bread crumbs dry
- ☐ 2 eggs
- ☐ 1 teaspoon ground cumin
- ☐ 1 optional: lemon sliced
- ☐ 1 tablespoon oregano dried
- ☐ 4 servings salt and pepper to taste
- ☐ 16 ounce steaks
- ☐ 2 cups vegetable oil for frying

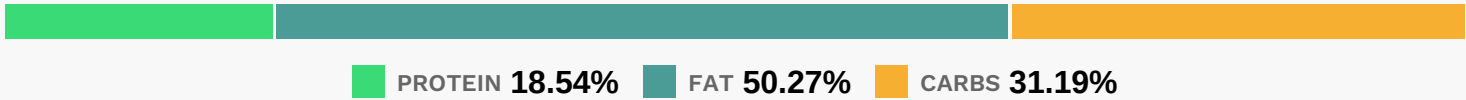
Equipment

- ☐ frying pan

Directions

- ☐ In a shallow dish, combine the breadcrumbs with the oregano, cumin, and salt and pepper. Beat eggs in another shallow dish. Dip each steak in beaten eggs, and then in the breadcrumb mixture. Make sure to cover each steak well with the breadcrumb mixture.
- ☐ In a large, deep skillet, heat 1inch oil over medium high heat.
- ☐ Place the steaks in the oil when it's hot (so that the breading will not stick to the pan). Cook steaks, turning once, until brown for well done and golden brown for medium.
- ☐ Serve with lemon slices.

Nutrition Facts



Properties

Glycemic Index:8.88, Glycemic Load:0.47, Inflammation Score:-9, Nutrition Score:30.003043558287%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 793.01kcal (39.65%), Fat: 44.47g (68.41%), Saturated Fat: 12.16g (75.99%), Carbohydrates: 62.06g (20.69%), Net Carbohydrates: 57.08g (20.76%), Sugar: 5.84g (6.49%), Cholesterol: 151.01mg (50.34%), Sodium: 878.61mg (38.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.9g (73.8%), Selenium: 55.03µg (78.61%), Vitamin B1: 0.91mg (60.53%), Vitamin B3: 11.05mg (55.25%), Vitamin K: 55µg (52.38%), Zinc: 7.35mg (49%), Manganese: 0.84mg (41.91%), Vitamin B2: 0.71mg (41.86%), Iron: 7.21mg (40.04%), Vitamin B12: 2.36µg (39.36%), Phosphorus: 349.17mg (34.92%), Vitamin B6: 0.62mg (31.23%), Folate: 106.39µg (26.6%), Calcium: 200.25mg (20.02%), Fiber: 4.98g (19.94%), Vitamin C: 14.38mg (17.43%), Magnesium: 68.65mg (17.16%), Copper: 0.33mg (16.66%), Potassium: 555.02mg (15.86%), Vitamin E: 2.36mg (15.76%), Vitamin B5: 0.85mg (8.47%), Vitamin D: 0.55µg (3.69%), Vitamin A: 169.36IU (3.39%)