



Chicken-Fried Steak Fingers with Creole Mustard Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cajun spice
- ☐ 2 teaspoons cajun spice
- ☐ 8 servings dijon mustard
- ☐ 0.5 cup breadcrumbs dry fine
- ☐ 2 large eggs
- ☐ 2 pound flank steak
- ☐ 1 cup flour all-purpose

- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons hot sauce
- ☐ 8 servings korean marinade
- ☐ 8 servings vegetable oil

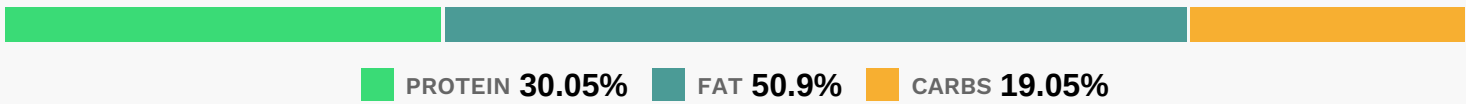
Equipment

- ☐ whisk
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Stir Cajun seasoning into Basic Marinade until blended.
- ☐ Place flank steak in a heavy-duty zip-top plastic bag; add marinade mixture. Seal and chill 3 hours, turning occasionally.
- ☐ Remove steak from marinade, discarding marinade.
- ☐ Cut steak in half lengthwise; cut halves diagonally across the grain into 1/2-inch-thick strips.
- ☐ Whisk together eggs and hot sauce.
- ☐ Combine flour and next 3 ingredients. Dip steak strips into egg mixture; dredge in flour mixture. Cover and chill 1 hour.
- ☐ Pour oil to a depth of 4 inches in a Dutch oven; heat to 37
- ☐ Fry steak strips in batches 10 minutes or until golden.
- ☐ Serve with Creole Mustard Sauce.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:8.69, Inflammation Score:-6, Nutrition Score:18.445217500562%

Nutrients (% of daily need)

Calories: 389.68kcal (19.48%), Fat: 21.74g (33.44%), Saturated Fat: 5.03g (31.43%), Carbohydrates: 18.31g (6.1%), Net Carbohydrates: 16.86g (6.13%), Sugar: 1.05g (1.16%), Cholesterol: 114.54mg (38.18%), Sodium: 288.31mg (12.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.88g (57.76%), Selenium: 46.08µg (65.83%), Vitamin B3: 8.62mg (43.11%), Vitamin B6: 0.76mg (38.09%), Zinc: 4.81mg (32.06%), Phosphorus: 292.08mg (29.21%), Vitamin K: 28.94µg (27.57%), Vitamin B12: 1.17µg (19.45%), Vitamin B1: 0.29mg (19.33%), Iron: 3.41mg (18.94%), Vitamin B2: 0.32mg (18.55%), Vitamin A: 779.56IU (15.59%), Folate: 57.72µg (14.43%), Vitamin E: 2.06mg (13.73%), Potassium: 479.23mg (13.69%), Manganese: 0.23mg (11.51%), Vitamin B5: 1.06mg (10.65%), Magnesium: 37.89mg (9.47%), Copper: 0.15mg (7.31%), Fiber: 1.45g (5.79%), Calcium: 52.16mg (5.22%), Vitamin C: 2.51mg (3.04%), Vitamin D: 0.25µg (1.67%)