



Crunchy-Crust Southwestern Cube Steaks

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 oz nacho cheese-flavored tortilla chips crushed finely
- ☐ 1 lb beef steaks
- ☐ 2 eggs
- ☐ 0.5 cup salsa thick
- ☐ 1 oz cheddar cheese shredded
- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 cup water
- ☐ 1 cup frangelico

☐ 1 cup frangelico

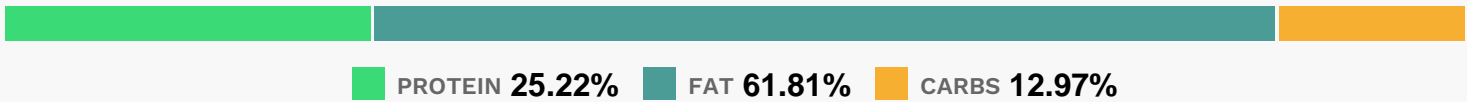
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In medium bowl, beat eggs and water with wire whisk. In shallow dish, mix crushed tortilla chips and Bisquick mix.
- ☐ If necessary, cut beef into 4 serving pieces. Dip beef into egg mixture, then coat with Bisquick mixture, pressing to coat.
- ☐ In 12-inch nonstick skillet, heat 2 tablespoons of the oil over medium heat.
- ☐ Add beef; cook 10 to 12 minutes, turning once and adding remaining 1 tablespoon oil, until beef is no longer pink in center.
- ☐ Top each serving with 2 tablespoons salsa and 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:17.800000175186%

Nutrients (% of daily need)

Calories: 478.83kcal (23.94%), Fat: 32.59g (50.14%), Saturated Fat: 9.16g (57.25%), Carbohydrates: 15.4g (5.13%), Net Carbohydrates: 13.73g (4.99%), Sugar: 1.96g (2.18%), Cholesterol: 170.22mg (56.74%), Sodium: 503.9mg (21.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.92g (59.84%), Selenium: 37.69µg (53.85%), Vitamin B6: 0.84mg (42.15%), Vitamin B3: 7.55mg (37.74%), Phosphorus: 366.51mg (36.65%), Zinc: 5.22mg (34.83%), Vitamin B12: 1.68µg (27.96%), Vitamin E: 3.2mg (21.35%), Vitamin K: 22.23µg (21.17%), Vitamin B2: 0.29mg (16.89%), Potassium: 547.53mg (15.64%), Iron: 2.66mg (14.78%), Magnesium: 50.48mg (12.62%), Calcium: 124.22mg (12.42%), Vitamin B5: 1.23mg (12.34%), Vitamin B1: 0.15mg (9.97%), Copper: 0.17mg (8.3%), Folate: 27.8µg (6.95%), Fiber: 1.67g (6.68%), Manganese: 0.13mg (6.66%), Vitamin A: 321.51IU (6.43%), Vitamin D: 0.48µg (3.17%)