



Crunchy-Crust Southwestern Cube Steaks

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

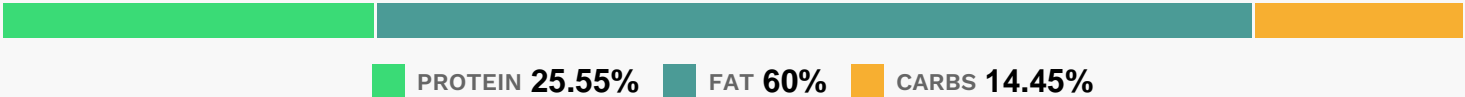
Equipment

- ☐ 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:17.54391315709%

Nutrients (% of daily need)

Calories: 468.84kcal (23.44%), Fat: 31.17g (47.95%), Saturated Fat: 8.93g (55.83%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 15.16g (5.51%), Sugar: 1.57g (1.75%), Cholesterol: 170.22mg (56.74%), Sodium: 426.72mg (18.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.87g (59.73%), Selenium: 37.05µg (52.93%), Vitamin B6: 0.83mg (41.72%), Vitamin B3: 7.45mg (37.26%), Phosphorus: 360.77mg (36.08%), Zinc: 5.22mg (34.83%), Vitamin B12: 1.68µg (27.96%), Vitamin K: 26.4µg (25.14%), Vitamin E: 2.63mg (17.51%), Vitamin B2: 0.27mg (16.06%), Potassium: 538.82mg (15.39%), Iron: 2.74mg (15.21%), Vitamin B5: 1.34mg (13.37%), Magnesium: 52.39mg (13.1%), Calcium: 117.63mg (11.76%), Vitamin B1: 0.15mg (9.79%), Copper: 0.17mg (8.25%), Fiber: 1.73g (6.93%), Folate: 27.59µg (6.9%), Vitamin A: 322.14IU (6.44%), Vitamin D: 0.48µg (3.17%), Manganese: 0.06mg (2.96%)