



WHATSheATE



Crunchy-Crust Southwestern Cube Steaks

READY IN



30 min.

SERVINGS



4

CALORIES



607 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 old el paso®
- ☐ 1 oz cheddar cheese shredded
- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 cup water
- ☐ 1 cup baking mix original bisquick®

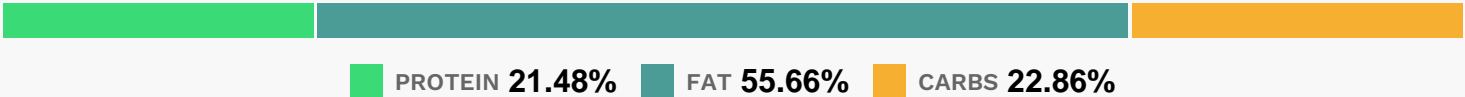
Equipment

- ☐ 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:-5, Nutrition Score:21.649130528388%

Nutrients (% of daily need)

Calories: 607.23kcal (30.36%), Fat: 37.21g (57.25%), Saturated Fat: 10.35g (64.69%), Carbohydrates: 34.39g (11.46%), Net Carbohydrates: 32.09g (11.67%), Sugar: 5.45g (6.06%), Cholesterol: 170.82mg (56.94%), Sodium: 886.7mg (38.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.32g (64.64%), Selenium: 39.94µg (57.06%), Phosphorus: 542.01mg (54.2%), Vitamin B3: 8.91mg (44.55%), Vitamin B6: 0.87mg (43.29%), Zinc: 5.4mg (36.03%), Vitamin B12: 1.79µg (29.91%), Vitamin B2: 0.42mg (24.6%), Vitamin K: 24.18µg (23.03%), Vitamin E: 3.24mg (21.61%), Vitamin B1: 0.32mg (21.47%), Iron: 3.49mg (19.4%), Calcium: 177.92mg (17.79%), Potassium: 596.43mg (17.04%), Folate: 65.3µg (16.32%), Vitamin B5: 1.5mg (14.99%), Magnesium: 57.98mg (14.49%), Manganese: 0.24mg (11.76%), Copper: 0.21mg (10.61%), Fiber: 2.3g (9.2%), Vitamin A: 322.71IU (6.45%), Vitamin D: 0.48µg (3.17%)