



Cube Steak Parmesan

 Popular

READY IN



60 min.

SERVINGS



4

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups tomato sauce canned
- 16 ounce beef cube steaks
- 0.5 teaspoon basil dried
- 2 eggs
- 3 tablespoons flour all-purpose
- 0.3 teaspoon garlic powder
- 0.3 teaspoon ground pepper black
- 4 slices mozzarella cheese

- 0.5 teaspoon oregano dried divided
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon salt
- 0.3 cup saltines crushed
- 3 tablespoons vegetable oil
- 2 tablespoons water
- 2.3 teaspoons sugar white

Equipment

- bowl
- frying pan
- oven
- whisk
- casserole dish

Directions

- Preheat the oven to 350 degrees F (175 degrees C). In a shallow dish, stir together the flour, salt and pepper. In a separate bowl, whisk together the eggs and water with a fork. In a third bowl, or shallow dish, mix together the cracker crumbs, 1/3 cup of Parmesan cheese and basil.
- Heat the oil in a large skillet over medium heat. Dredge the cube steaks in the seasoned flour, dip into the egg mixture, and coat with the cracker crumb mixture.
- Place them in the skillet, and fry just until browned on each side. Arrange steaks in a single layer in a greased casserole dish.
- Bake for 25 minutes in the preheated oven. Meanwhile, in a medium bowl, stir together the tomato sauce, sugar, 1/4 teaspoon of oregano, and garlic powder. Spoon over steaks when the 25 minutes are up. Top each steak with mozzarella cheese and remaining Parmesan cheese; sprinkle remaining oregano over the top.
- Bake for 5 more minutes, or until the cheese is melted, and the sauce is hot.

Nutrition Facts



■ PROTEIN 28.3% ■ FAT 58.61% ■ CARBS 13.09%

Properties

Glycemic Index:64.77, Glycemic Load:6.18, Inflammation Score:-7, Nutrition Score:22.903913114382%

Nutrients (% of daily need)

Calories: 527.55kcal (26.38%), Fat: 34.17g (52.57%), Saturated Fat: 12.29g (76.79%), Carbohydrates: 17.18g (5.73%), Net Carbohydrates: 15.51g (5.64%), Sugar: 5.46g (6.06%), Cholesterol: 193.12mg (64.37%), Sodium: 1132.05mg (49.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.12g (74.24%), Selenium: 45.54µg (65.06%), Phosphorus: 459.01mg (45.9%), Vitamin B3: 8.42mg (42.12%), Vitamin B6: 0.84mg (42.12%), Zinc: 6.11mg (40.74%), Vitamin B12: 2.35µg (39.24%), Calcium: 275.74mg (27.57%), Vitamin K: 28.75µg (27.38%), Vitamin B2: 0.44mg (26.11%), Iron: 3.95mg (21.94%), Potassium: 699.83mg (20%), Vitamin E: 2.79mg (18.62%), Vitamin B1: 0.22mg (14.65%), Vitamin A: 719.86IU (14.4%), Vitamin B5: 1.36mg (13.64%), Magnesium: 52.24mg (13.06%), Folate: 51.39µg (12.85%), Manganese: 0.25mg (12.45%), Copper: 0.24mg (11.8%), Fiber: 1.67g (6.66%), Vitamin C: 5.37mg (6.51%), Vitamin D: 0.6µg (3.97%)