



Garlic Cube Steaks

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup eggs fat-free
- ☐ 2 large cloves garlic crushed
- ☐ 0.5 cup saltines fat-free crushed
- ☐ 1 lb beef steaks boneless
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon garlic
- ☐ 2 tablespoons vegetable oil
- ☐ 1 medium onion sliced

- ☐ 0.8 cup beef broth
- ☐ 2 teaspoons cornstarch
- ☐ 2 tablespoons parsley fresh chopped

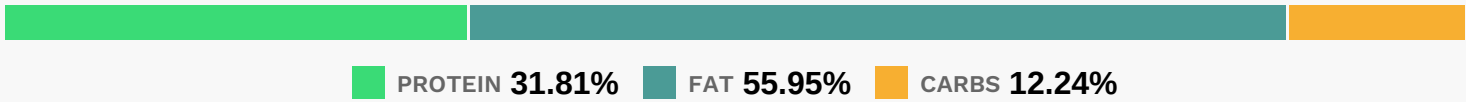
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In shallow dish, mix egg product and garlic. In another shallow dish, place cracker crumbs.
- ☐ Sprinkle both sides of beef steaks with salt and garlic pepper. Dip both sides of each steak into egg product mixture, then coat with cracker crumbs.
- ☐ In 12-inch nonstick skillet, heat 1 tablespoon of the oil over medium-high heat.
- ☐ Add beef; cook about 2 minutes or until brown. Turn beef, adding some of the remaining 1 tablespoon oil under each steak. Cook about 2 minutes longer or until brown.
- ☐ Add onion. Reduce heat to low. Cover and cook about 30 minutes or until beef is tender.
- ☐ Remove beef from skillet; cover to keep warm.
- ☐ Meanwhile, in small bowl, mix broth and cornstarch.
- ☐ Add to skillet; heat to boiling, stirring constantly.
- ☐ Serve sauce over beef; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.74, Inflammation Score:-4, Nutrition Score:17.365217302157%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin:

0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 358.56kcal (17.93%), Fat: 21.93g (33.74%), Saturated Fat: 6.71g (41.94%), Carbohydrates: 10.79g (3.6%), Net Carbohydrates: 9.96g (3.62%), Sugar: 1.39g (1.54%), Cholesterol: 156.98mg (52.33%), Sodium: 409.57mg (17.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.05g (56.11%), Selenium: 35.53µg (50.76%), Vitamin K: 49.31µg (46.97%), Vitamin B6: 0.8mg (39.75%), Vitamin B3: 7.53mg (37.66%), Zinc: 4.78mg (31.84%), Phosphorus: 288.8mg (28.88%), Vitamin B12: 1.58µg (26.38%), Potassium: 569.19mg (16.26%), Iron: 2.91mg (16.15%), Vitamin B2: 0.27mg (15.95%), Vitamin B1: 0.18mg (12.17%), Vitamin B5: 1.07mg (10.68%), Folate: 42.03µg (10.51%), Vitamin E: 1.29mg (8.59%), Magnesium: 33.6mg (8.4%), Manganese: 0.16mg (8.08%), Copper: 0.15mg (7.35%), Vitamin C: 5.22mg (6.33%), Vitamin A: 278.62IU (5.57%), Calcium: 51.33mg (5.13%), Fiber: 0.82g (3.29%), Vitamin D: 0.41µg (2.7%)