



Idaho Finger Steaks

READY IN



110 min.

SERVINGS



6

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds beef tenderloin cut into 2 1/2x3/4-inch strips
- 1 teaspoon marjoram dried
- 1 teaspoon thyme leaves dried
- 2.5 cups flour
- 1.5 cups milk
- 4 cups oil for deep frying
- 1 teaspoon salt
- 2 tablespoons lawry's seasoned salt
- 0.8 tablespoon worcestershire sauce

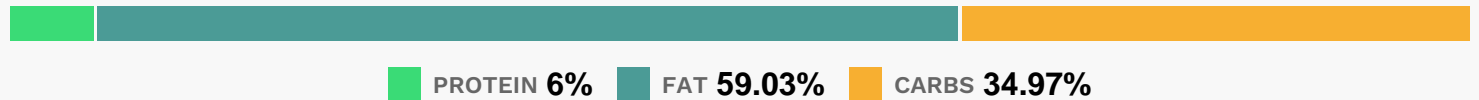
Equipment

- bowl
- pot

Directions

- Mix together the milk, thyme, marjoram, salt, seasoned salt, and Worcestershire sauce in a bowl. Stir in the flour gradually until the mixture reaches a thick, batter-like consistency. Refrigerate 1 to 2 hours.
- Preheat the oil in a large pot to 375 degrees F (190 degrees C).
- Completely coat each piece of beef in the batter and gently place into the hot oil. Lie them into the oil individually to keep them from sticking together. Cook in small batches of 4 to 8 pieces until golden brown, about 5 minutes. Allow the oil to return to 375 degrees F (190 degrees C) between batches.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:29.84, Inflammation Score:-6, Nutrition Score:11.954782587031%

Nutrients (% of daily need)

Calories: 492.35kcal (24.62%), Fat: 32.34g (49.76%), Saturated Fat: 3.42g (21.36%), Carbohydrates: 43.12g (14.37%), Net Carbohydrates: 41.64g (15.14%), Sugar: 3.29g (3.66%), Cholesterol: 7.32mg (2.44%), Sodium: 2765.01mg (120.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.4g (14.8%), Vitamin E: 5.3mg (35.35%), Vitamin B1: 0.45mg (29.69%), Selenium: 18.84µg (26.92%), Folate: 95.98µg (24%), Vitamin K: 24.62µg (23.44%), Vitamin B2: 0.34mg (20.29%), Manganese: 0.38mg (18.93%), Vitamin B3: 3.16mg (15.81%), Iron: 2.77mg (15.4%), Phosphorus: 119.52mg (11.95%), Calcium: 90.28mg (9.03%), Fiber: 1.47g (5.9%), Vitamin B12: 0.33µg (5.49%), Magnesium: 19.55mg (4.89%), Potassium: 166.4mg (4.75%), Vitamin B5: 0.46mg (4.56%), Vitamin D: 0.67µg (4.47%), Zinc: 0.64mg (4.24%), Copper: 0.08mg (4.18%), Vitamin B6: 0.06mg (3.06%), Vitamin A: 108.18IU (2.16%)