



Lemon-Herb Cubed Steaks

READY IN



26 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef steaks cubed
- ☐ 1 cup breadcrumbs dry fine
- ☐ 3 egg whites lightly beaten
- ☐ 0.5 teaspoon penzey's southwest seasoning dried italian
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt

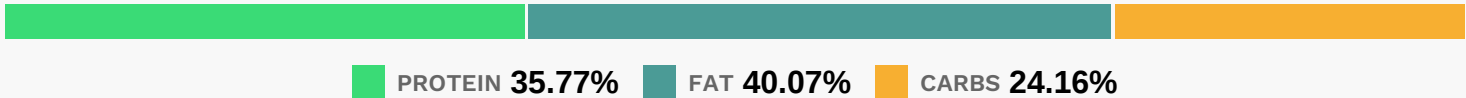
Equipment

☐ frying pan

Directions

- ☐ Combine first 5 ingredients.
- ☐ Combine egg whites, rind, and juice. Dip steaks into egg white mixture; dredge in breadcrumb mixture. Coat a nonstick skillet with cooking spray; place over medium heat.
- ☐ Add steaks; cook 8 minutes on each side or until tender.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:17.313913198269%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 359.58kcal (17.98%), Fat: 15.65g (24.07%), Saturated Fat: 6.18g (38.64%), Carbohydrates: 21.22g (7.07%), Net Carbohydrates: 19.8g (7.2%), Sugar: 2.06g (2.29%), Cholesterol: 87.08mg (29.03%), Sodium: 557.94mg (24.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.43g (62.85%), Selenium: 41.53µg (59.33%), Vitamin B3: 8.73mg (43.63%), Vitamin B6: 0.74mg (37.18%), Zinc: 5.05mg (33.66%), Phosphorus: 316.71mg (31.67%), Vitamin B12: 1.59µg (26.57%), Vitamin B1: 0.36mg (24.11%), Vitamin B2: 0.36mg (21%), Iron: 3.31mg (18.41%), Manganese: 0.3mg (15.02%), Potassium: 494.34mg (14.12%), Calcium: 138.07mg (13.81%), Folate: 44.82µg (11.2%), Magnesium: 42.64mg (10.66%), Copper: 0.18mg (9.12%), Vitamin B5: 0.89mg (8.92%), Fiber: 1.43g (5.71%), Vitamin K: 5.23µg (4.99%), Vitamin C: 3.55mg (4.31%), Vitamin E: 0.51mg (3.4%), Vitamin A: 59.7IU (1.19%)