



Mock Chicken Fried Steak

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 1 eggs
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 1 pound ground beef
- ☐ 0.5 cup oil for frying
- ☐ 1 teaspoon salt
- ☐ 2 cups saltines divided crushed

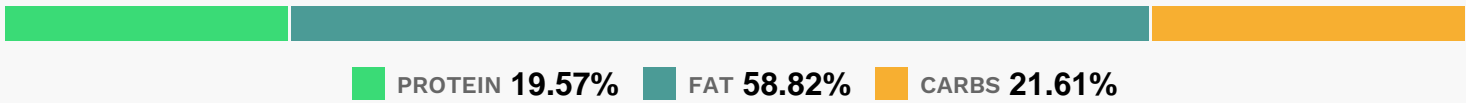
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a medium bowl, mix together the ground beef, parsley, chili powder, salt, egg, and 1 cup of crushed saltine crackers. Form into 6 balls, then flatten into patties. Coat patties with remaining cracker crumbs, and place them on a plate. Refrigerate for at least 30 minutes.
- ☐ Heat the oil in a large skillet over medium heat. Fry patties for about 7 minutes per side, or until the centers are well done and the outside is golden brown.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:11.480869503449%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg

Nutrients (% of daily need)

Calories: 336.82kcal (16.84%), Fat: 21.76g (33.47%), Saturated Fat: 6.72g (42.02%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 16.87g (6.13%), Sugar: 0.42g (0.47%), Cholesterol: 80.96mg (26.99%), Sodium: 690.1mg (30%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.29g (32.58%), Vitamin B12: 1.7µg (28.4%), Vitamin B3: 4.86mg (24.29%), Selenium: 16.27µg (23.24%), Zinc: 3.47mg (23.16%), Iron: 3.13mg (17.39%), Phosphorus: 161.79mg (16.18%), Vitamin B2: 0.27mg (15.98%), Vitamin B6: 0.3mg (15.23%), Vitamin B1: 0.2mg (13.51%), Vitamin E: 1.82mg (12.12%), Manganese: 0.23mg (11.44%), Vitamin K: 11.93µg (11.36%), Folate: 40.43µg (10.11%), Vitamin A: 437.97IU (8.76%), Potassium: 275.97mg (7.88%), Vitamin B5: 0.61mg (6.15%), Magnesium: 21.11mg (5.28%), Copper: 0.1mg (4.88%), Fiber: 1.12g (4.47%), Calcium: 26.83mg (2.68%), Vitamin D: 0.22µg (1.48%)