



Orange Beef Strips with Orange Dipping Sauce

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon dijon mustard
- ☐ 3 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup orange marmalade
- ☐ 2 cups panko breadcrumbs
- ☐ 1 tablespoon rice wine vinegar
- ☐ 1 pound bottom round steaks boneless
- ☐ 6 servings salt and pepper black freshly ground

☐ 6 servings vegetable oil for frying

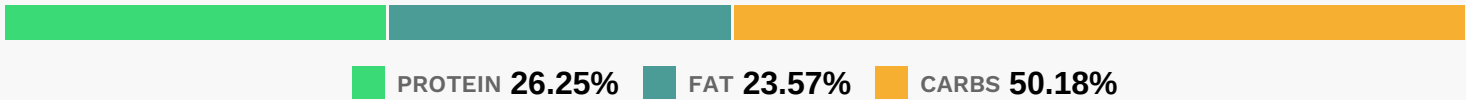
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ microwave

Directions

- ☐ Heat 1/2-inch of the vegetable oil in a large skillet over medium-high heat. (When a crumb of panko sizzles after being dropped in, the oil is ready.)
- ☐ Sprinkle the beef with salt and pepper.
- ☐ Place the flour, eggs, and panko in separate bowls. Dredge the beef strips first in the flour, shaking off any excess, then dip into the beaten eggs, and then the panko.
- ☐ Fry the beef strips, turning once, until brown, about 1 minute per side.
- ☐ Transfer the beef to a paper towel-lined plate to drain.
- ☐ Sprinkle with salt.
- ☐ For the sauce: In a small microwave-safe bowl, stir together the marmalade, vinegar, and mustard. Microwave on high for 45 seconds, or until bubbly.
- ☐ Serve with the beef strips.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:11.52, Inflammation Score:-4, Nutrition Score:17.534782502962%

Nutrients (% of daily need)

Calories: 387.76kcal (19.39%), Fat: 10.07g (15.5%), Saturated Fat: 2.72g (17.02%), Carbohydrates: 48.24g (16.08%), Net Carbohydrates: 46.55g (16.93%), Sugar: 17.4g (19.33%), Cholesterol: 140.63mg (46.88%), Sodium: 245mg (10.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.23g (50.47%), Selenium: 41.72µg (59.6%), Vitamin

B3: 7.81mg (39.05%), Vitamin B1: 0.44mg (29.4%), Vitamin B6: 0.58mg (29.25%), Vitamin B12: 1.72µg (28.69%), Phosphorus: 274.61mg (27.46%), Zinc: 4.02mg (26.78%), Vitamin B2: 0.43mg (25.18%), Iron: 4.03mg (22.39%), Folate: 83.55µg (20.89%), Manganese: 0.36mg (18.24%), Vitamin B5: 1.1mg (11.02%), Potassium: 373.97mg (10.68%), Copper: 0.2mg (10.06%), Magnesium: 36.01mg (9%), Calcium: 79.84mg (7.98%), Vitamin K: 7.68µg (7.32%), Fiber: 1.69g (6.77%), Vitamin E: 0.77mg (5.1%), Vitamin D: 0.58µg (3.84%), Vitamin A: 152.38IU (3.05%), Vitamin C: 1.28mg (1.55%)