



Simple Vinegar Steak

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups apple cider vinegar
- ☐ 3 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup oil for frying
- ☐ 4 pounds top round steaks boneless

Equipment

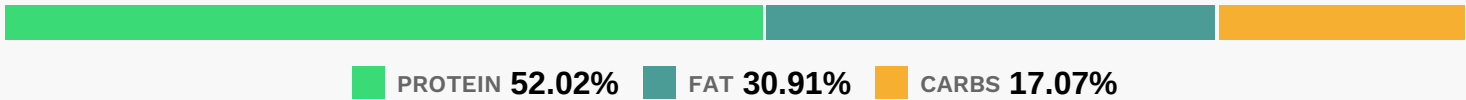
- ☐ frying pan
- ☐ paper towels

☐ meat tenderizer

Directions

- ☐ Pound steaks using a meat mallet to tenderize.
- ☐ Place in a shallow glass dish, and pour the vinegar over the steaks so that they are covered. Refrigerate for 30 to 45 minutes to marinate.
- ☐ Heat oil in a large skillet over medium-high heat. Beat eggs in a shallow dish, and set aside.
- ☐ Place flour in a separate dish. Dip steaks in flour, then in egg, then in flour again.
- ☐ Place in the hot oil, and fry on each side until deep golden brown, about 4 minutes per side.
- ☐ Remove to a paper towel-lined plate to drain.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:17.62, Inflammation Score:-6, Nutrition Score:37.568261219108%

Nutrients (% of daily need)

Calories: 622.22kcal (31.11%), Fat: 20.06g (30.86%), Saturated Fat: 4.78g (29.85%), Carbohydrates: 24.93g (8.31%), Net Carbohydrates: 24.09g (8.76%), Sugar: 0.56g (0.63%), Cholesterol: 266.3mg (88.77%), Sodium: 230.38mg (10.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 75.94g (151.89%), Selenium: 113.91µg (162.73%), Vitamin B3: 22.66mg (113.32%), Vitamin B6: 2.1mg (105.22%), Zinc: 14.36mg (95.75%), Phosphorus: 762.64mg (76.26%), Vitamin B12: 4.28µg (71.3%), Iron: 7.99mg (44.4%), Vitamin B2: 0.7mg (41.14%), Potassium: 1264.43mg (36.13%), Vitamin B1: 0.54mg (36.09%), Folate: 109.86µg (27.47%), Manganese: 0.51mg (25.48%), Vitamin B5: 2.53mg (25.27%), Magnesium: 90.09mg (22.52%), Copper: 0.39mg (19.62%), Vitamin E: 2.43mg (16.22%), Calcium: 90.51mg (9.05%), Vitamin K: 9.11µg (8.68%), Fiber: 0.84g (3.38%), Vitamin D: 0.44µg (2.93%), Vitamin A: 118.8IU (2.38%)