



Southern Chicken Fried Steak

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 0.3 cup oil for frying
- ☐ 6 servings herb seasoning salt-free to taste
- ☐ 2 pounds veal cutlets

Equipment

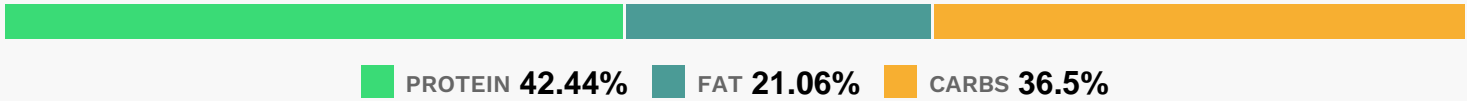
- ☐ bowl

☐ frying pan

Directions

- ☐ In a shallow bowl, combine flour, herb seasoning, salt and pepper. In another bowl, place the beaten eggs. Coat each veal cutlet with the flour mixture, then dip into egg, then back into the flour mixture.
- ☐ Heat oil in a large heavy skillet over medium-high heat.
- ☐ Place veal cutlets into hot oil, and cook until browned, about 10 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:23.03, Inflammation Score:-4, Nutrition Score:21.735651991856%

Nutrients (% of daily need)

Calories: 368.94kcal (18.45%), Fat: 8.37g (12.88%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 32.65g (10.88%), Net Carbohydrates: 31.08g (11.3%), Sugar: 0.21g (0.23%), Cholesterol: 172.49mg (57.5%), Sodium: 117.18mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.97g (75.95%), Vitamin B3: 16.76mg (83.81%), Selenium: 32.29µg (46.12%), Phosphorus: 408.31mg (40.83%), Vitamin B2: 0.69mg (40.39%), Vitamin B6: 0.75mg (37.48%), Vitamin B1: 0.46mg (30.39%), Vitamin B12: 1.7µg (28.38%), Folate: 106.7µg (26.67%), Zinc: 3.99mg (26.58%), Iron: 3.76mg (20.9%), Vitamin B5: 2.04mg (20.36%), Manganese: 0.39mg (19.74%), Potassium: 633.65mg (18.1%), Magnesium: 53.11mg (13.28%), Vitamin K: 13.78µg (13.12%), Copper: 0.24mg (12.08%), Vitamin E: 1.14mg (7.62%), Fiber: 1.58g (6.3%), Calcium: 38.44mg (3.84%), Vitamin D: 0.29µg (1.96%), Vitamin A: 96.76IU (1.94%)