



Southwest Steak Bites

READY IN



45 min.

SERVINGS



8

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon garlic powder
- 0.3 teaspoon ground pepper
- 1 teaspoon pepper black
- 0.3 cup milk
- 1 quart cooking oil for frying
- 1 teaspoon salt
- 2 teaspoons suya seasoning mix dry mesquite flavored

2 pounds fat-trimmed beef flank steak cut into bite size pieces

Equipment

- bowl
- frying pan
- paper towels
- ziploc bags
- deep fryer

Directions

- Heat the oil in a deep fryer or heavy skillet to 365 degrees F (185 degrees C).
- In a bowl, beat together the egg and milk. In a resealable plastic bag, mix the flour, mesquite seasoning, salt, pepper, garlic powder, and cayenne pepper. Dip the steak pieces in the egg mixture, then place in the plastic bag, seal, and shake to coat.
- In the hot oil, fry the coated steak pieces in small batches until golden brown, about 5 minutes.
- Drain on paper towels.

Nutrition Facts

PROTEIN 18.8% **FAT 63.6%** **CARBS 17.6%**

Properties

Glycemic Index:23.38, Glycemic Load:17.45, Inflammation Score:-5, Nutrition Score:18.326521866995%

Nutrients (% of daily need)

Calories: 575.91kcal (28.8%), Fat: 40.84g (62.83%), Saturated Fat: 9.26g (57.88%), Carbohydrates: 25.42g (8.47%), Net Carbohydrates: 23.96g (8.71%), Sugar: 0.53g (0.59%), Cholesterol: 90.55mg (30.18%), Sodium: 361.47mg (15.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.16g (54.32%), Selenium: 40.22µg (57.45%), Zinc: 6.18mg (41.22%), Vitamin B3: 7.48mg (37.38%), Vitamin B12: 1.97µg (32.88%), Vitamin E: 4.47mg (29.79%), Vitamin B2: 0.47mg (27.58%), Vitamin K: 26.82µg (25.55%), Vitamin B6: 0.5mg (24.92%), Vitamin B1: 0.35mg (23.67%), Iron: 3.99mg (22.18%), Phosphorus: 218.81mg (21.88%), Folate: 66.29µg (16.57%), Manganese: 0.31mg (15.61%), Potassium: 378.78mg (10.82%), Magnesium: 36.26mg (9.07%), Copper: 0.15mg (7.5%), Fiber: 1.46g (5.86%), Calcium: 46.29mg (4.63%), Vitamin B5: 0.27mg (2.66%), Vitamin A: 107.4IU (2.15%), Vitamin D: 0.31µg (2.05%)