

## Steak Fingers

READY IN



25 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 eggs
- 1.5 cups flour all-purpose for coating
- 0.5 cup milk
- 1 pound round steak
- 4 servings salt and pepper to taste
- 0.3 cup vegetable oil

### Equipment

- frying pan

paper towels

whisk

## Directions

Tenderize steak by pounding with a mallet.

Cut into 3 inch long strips.

Combine egg, milk, salt and pepper in a shallow dish, whisk until well blended.

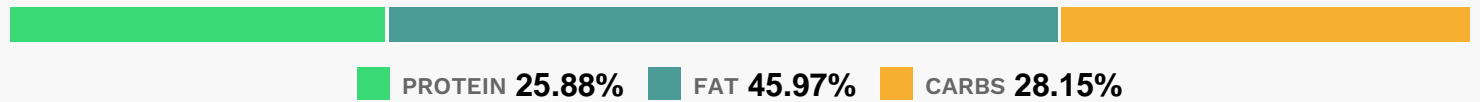
In a large skillet over medium heat, heat 1/3 cup oil (or just enough to cover the bottom of the pan).

Coat steak pieces in flour. Shake off excess. Then dip in the egg mixture and again in flour.

Fry the strips in the hot oil until golden brown; about 2 minutes.

Transfer to a plate lined with paper towels to absorb oil.

## Nutrition Facts



## Properties

Glycemic Index:28.25, Glycemic Load:26.42, Inflammation Score:-5, Nutrition Score:23.912608633871%

## Nutrients (% of daily need)

Calories: 539.74kcal (26.99%), Fat: 27.11g (41.71%), Saturated Fat: 5.96g (37.22%), Carbohydrates: 37.35g (12.45%), Net Carbohydrates: 36.09g (13.12%), Sugar: 1.67g (1.86%), Cholesterol: 156.94mg (52.31%), Sodium: 302.19mg (13.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.34g (68.69%), Selenium: 55.66µg (79.51%), Vitamin B3: 10.64mg (53.21%), Vitamin B12: 2.5µg (41.73%), Vitamin B6: 0.83mg (41.59%), Phosphorus: 376.73mg (37.67%), Zinc: 5.6mg (37.35%), Vitamin B1: 0.5mg (33.44%), Vitamin K: 35.07µg (33.4%), Vitamin B2: 0.56mg (32.88%), Folate: 110.86µg (27.72%), Iron: 4.97mg (27.61%), Manganese: 0.34mg (17.17%), Potassium: 525.47mg (15.01%), Vitamin B5: 1.42mg (14.22%), Vitamin E: 2.1mg (14%), Magnesium: 44.97mg (11.24%), Copper: 0.2mg (9.92%), Calcium: 79.67mg (7.97%), Vitamin D: 0.89µg (5.93%), Fiber: 1.27g (5.06%), Vitamin A: 168.21IU (3.36%)