

Steak Parmesan

READY IN



55 min.

SERVINGS



8

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup breadcrumbs dry
- 0.5 cup parmesan cheese grated
- 8 servings salt and pepper to taste
- 32 ounce pasta sauce
- 2 pounds fat-trimmed beef flank steak
- 0.3 cup vegetable oil for frying

Equipment

- bowl

frying pan

Directions

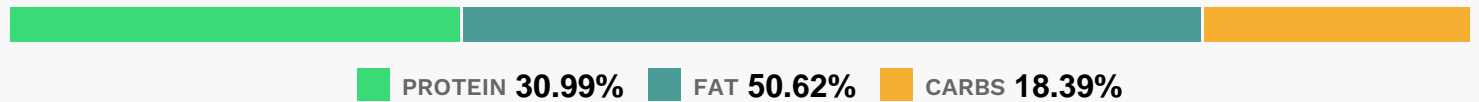
In a medium bowl, combine the bread crumbs, Parmesan cheese, salt, and pepper. Dredge the meat in the crumbs.

Heat oil in a large skillet over medium-high heat.

Place the breaded meat in the oil, and saute for 5 to 10 minutes, or until well browned on both sides.

Drain excess oil, and pour in the spaghetti sauce. Reduce heat to low, and simmer for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:1.94, Inflammation Score:-6, Nutrition Score:17.864347994328%

Nutrients (% of daily need)

Calories: 354.77kcal (17.74%), Fat: 20.2g (31.08%), Saturated Fat: 8.52g (53.24%), Carbohydrates: 16.51g (5.5%), Net Carbohydrates: 14.21g (5.17%), Sugar: 4.88g (5.42%), Cholesterol: 74.61mg (24.87%), Sodium: 998.46mg (43.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.83g (55.66%), Selenium: 33.94µg (48.49%), Zinc: 6.53mg (43.56%), Vitamin B3: 7.58mg (37.88%), Vitamin B12: 2.01µg (33.57%), Vitamin B6: 0.58mg (29.25%), Phosphorus: 255.81mg (25.58%), Vitamin B2: 0.42mg (24.75%), Iron: 3.72mg (20.67%), Potassium: 678.7mg (19.39%), Vitamin B1: 0.26mg (17.28%), Copper: 0.26mg (12.8%), Manganese: 0.25mg (12.56%), Magnesium: 48.82mg (12.21%), Vitamin E: 1.79mg (11.91%), Vitamin A: 562.09IU (11.24%), Calcium: 103.89mg (10.39%), Vitamin C: 7.94mg (9.62%), Fiber: 2.31g (9.23%), Vitamin K: 8.38µg (7.98%), Folate: 28.43µg (7.11%), Vitamin B5: 0.45mg (4.45%)