

Milanesa de Res(Beef Milanesa)

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-milanesa-steak-recipe>

Ingredients:

- 40 saltine crackers
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ancho powder chile, or guajillo
- 1/2 teaspoon Mexican oregano
- 1/2 teaspoon cumin
- 1/4 teaspoon chile de arbol powder or cayenne pepper
- 1 1/4 pounds steaks thin milanesa-style, top round, 4 steaks
- all-purpose flour for dredging steaks
- salt
- pepper
- 3 large eggs lightly beaten
- 3 tablespoons hot sauce

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 160 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 2 grams
8. Sodium: 860 milligrams
9. Sugar: 1 grams

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