

SOUTHERN CHICKEN FRIED STEAK {MILANESA}

Yield: 6 min
Total Time: 30 min

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

Ingredients:

- 6 steaks thin-cut, about 1 1/2 pounds beef cube
- 1 cup all purpose flour
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 4 large eggs well beaten
- 2 cups bread crumbs you can also use crushed saltine crackers
- 1 teaspoon garlic minced
- vegetable oil for frying
- lime for serving, optional

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 140 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 10 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 690 milligrams
9. Sugar: 2 grams

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