

# Swiss Steak Trivia

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-steak-recipe-minute-steak>

## Ingredients:

- 1 1/2 pounds minute steaks or cube steaks
- 4 tablespoons unbleached white flour or whole wheat flour
- 2 tablespoons oil palm kernel
- 2 cups chopped tomatoes
- 2 tablespoons water
- 1 small onion cut up into rings
- 1/2 cup chopped carrot
- 1/2 teaspoon thyme

## Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 120 milligrams
4. Fat: 53 grams
5. Fiber: 1 grams
6. Protein: 31 grams
7. SaturatedFat: 21 grams
8. Sodium: 130 milligrams
9. Sugar: 3 grams

---

Thank you for visiting our website. Hope you enjoy Swiss Steak Trivia above. You can see more 17 swiss steak recipe minute steak Try these culinary delights! to get more great cooking ideas.