



Amish Poor Man's Steak

 Popular

READY IN



565 min.

SERVINGS



5

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce cream of mushroom soup canned
- ☐ 1 pound ground beef
- ☐ 1 teaspoon ground pepper black
- ☐ 1 cup milk
- ☐ 1 onion finely chopped
- ☐ 1 teaspoon salt
- ☐ 1 cup saltines crushed

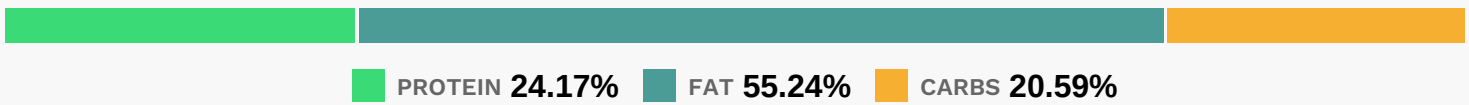
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Mix ground beef, milk, saltine cracker crumbs, onion, salt, and black pepper in a bowl. Shape mixture into a narrow loaf and place onto a baking sheet; cover and refrigerate 8 hours to overnight.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat a large skillet over medium-high heat.
- ☐ Cut loaf into 1-inch-thick slices and sear the 'steaks' in the hot skillet until browned, 2 to 3 minutes per side. Insides will still be pink. Arrange slices in a roasting pan.
- ☐ Spread mushroom soup over steaks.
- ☐ Bake steaks in the preheated oven until mushroom soup is bubbling and meat is no longer pink inside, about 1 hour. An instant-read meat thermometer inserted into the center of a meat slice should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:19.4, Glycemic Load:1.37, Inflammation Score:-3, Nutrition Score:14.018695846848%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 378.18kcal (18.91%), Fat: 22.92g (35.27%), Saturated Fat: 9.1g (56.88%), Carbohydrates: 19.22g (6.41%), Net Carbohydrates: 18.19g (6.62%), Sugar: 3.46g (3.85%), Cholesterol: 74.38mg (24.79%), Sodium: 1260.02mg (54.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.57g (45.13%), Vitamin B12: 2.35µg (39.15%), Zinc: 5.04mg (33.58%), Vitamin B3: 5.56mg (27.79%), Phosphorus: 237.76mg (23.78%), Selenium: 16.11µg (23.01%), Manganese: 0.46mg (22.78%), Vitamin B6: 0.4mg (19.76%), Vitamin B2: 0.33mg (19.16%), Iron: 3.2mg (17.8%), Potassium: 480.54mg (13.73%), Vitamin B1: 0.19mg (12.77%), Copper: 0.25mg (12.7%), Calcium: 89.42mg (8.94%), Vitamin B5: 0.89mg (8.93%), Folate: 35.11µg (8.78%), Magnesium: 33.15mg (8.29%), Vitamin K: 6.08µg (5.79%), Vitamin D: 0.63µg (4.18%), Fiber: 1.03g (4.13%), Vitamin E: 0.57mg (3.77%), Vitamin C: 1.63mg (1.97%), Vitamin A: 81.82IU (1.64%)