



Baked Fake Steak with Gravy

READY IN



735 min.

SERVINGS



12

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 ounce brown gravy mix dry
- 10.8 ounce cream of mushroom soup canned
- 0.5 cup flour all-purpose
- 1.5 teaspoons garlic powder
- 3 pounds ground beef
- 0.3 teaspoon pepper black
- 0.5 cup milk
- 1.5 teaspoons onion powder
- 1 pinch salt to taste

- 17 saltines crushed finely
- 1 tablespoon vegetable oil
- 1.5 cups water

Equipment

- bowl
- frying pan
- oven
- plastic wrap
- baking pan
- aluminum foil
- pizza cutter

Directions

- In a large bowl, mix together the ground beef, saltine crackers and milk. Season with garlic powder, onion powder, salt and pepper, and mix until well blended. Line a 10x15 inch jellyroll pan with waxed paper. Press the beef mixture firmly into the pan. Cover with plastic wrap, and refrigerate 8 to 10 hours, or overnight.
- Preheat the oven to 350 degrees F (175 degrees C).
- Remove plastic wrap from meat, and rub flour over the top side of the beef. Flip out of the pan onto waxed paper, and rub flour on the other side as well.
- Cut into pieces (I use a pizza cutter).
- Heat oil in a large heavy skillet over medium-high heat. Fry the meat until browned on each side, turning only once.
- Remove to a 9x13 inch baking dish. In a medium bowl, mix together the water, condensed soup, and gravy mix.
- Pour over the meat in the dish. Cover the dish loosely with aluminum foil.
- Bake for 1 hour in the preheated oven.
- Serve fake steak and gravy with potatoes, rice, or noodles.

Nutrition Facts

PROTEIN 24.94% FAT 64.26% CARBS 10.8%

Properties

Glycemic Index:12.5, Glycemic Load:3.07, Inflammation Score:-1, Nutrition Score:11.956521637414%

Nutrients (% of daily need)

Calories: 359.31kcal (17.97%), Fat: 25.2g (38.77%), Saturated Fat: 9.45g (59.05%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 9.14g (3.32%), Sugar: 0.64g (0.72%), Cholesterol: 83mg (27.67%), Sodium: 315.03mg (13.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22g (44.01%), Vitamin B12: 2.53µg (42.1%), Zinc: 5.15mg (34.34%), Vitamin B3: 5.62mg (28.09%), Selenium: 19.53µg (27.91%), Phosphorus: 209.19mg (20.92%), Vitamin B6: 0.4mg (19.84%), Iron: 2.89mg (16.06%), Vitamin B2: 0.24mg (14.37%), Potassium: 372.95mg (10.66%), Vitamin B1: 0.13mg (8.87%), Manganese: 0.17mg (8.57%), Copper: 0.14mg (7.11%), Vitamin B5: 0.7mg (7.04%), Magnesium: 25.34mg (6.33%), Folate: 25.29µg (6.32%), Vitamin K: 5.33µg (5.08%), Vitamin E: 0.62mg (4.12%), Calcium: 37.85mg (3.79%), Fiber: 0.39g (1.57%), Vitamin D: 0.23µg (1.5%)