



Country Hamburger Steak

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 1.5 lb extra-lean ground beef
- 8 oz mushrooms fresh sliced
- 0.8 cup onions chopped
- 6 oz stove top stuffing mix for chicken
- 1.5 cups water divided

Equipment

- frying pan

baking sheet

oven

Directions

Heat oven to 375F.

Mix meat, stuffing mix, 1-1/4 cups water and onions just until blended. Shape into 6 (1/2-inch-thick) oval patties.

Place on rimmed baking sheet.

Bake 25 min. or until done (160F). Meanwhile, cook mushrooms in large nonstick skillet on medium-high heat 5 min. or until tender, stirring occasionally. Stir in barbecue sauce and remaining water; simmer on low heat 1 to 2 min. or until heated through.

Serve meat patties topped with sauce.

Nutrition Facts



PROTEIN 36.68% **FAT 19.74%** **CARBS 43.58%**

Properties

Glycemic Index:9.83, Glycemic Load:0.69, Inflammation Score:-4, Nutrition Score:18.462608783141%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 322.09kcal (16.1%), Fat: 6.93g (10.67%), Saturated Fat: 2.83g (17.68%), Carbohydrates: 34.43g (11.48%), Net Carbohydrates: 32.59g (11.85%), Sugar: 11.85g (13.17%), Cholesterol: 70.59mg (23.53%), Sodium: 724.28mg (31.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.98g (57.96%), Selenium: 37.26µg (53.23%), Vitamin B3: 9.39mg (46.97%), Vitamin B12: 2.56µg (42.68%), Zinc: 6.31mg (42.08%), Phosphorus: 307.58mg (30.76%), Vitamin B6: 0.57mg (28.44%), Vitamin B2: 0.47mg (27.52%), Iron: 4.16mg (23.13%), Potassium: 666.79mg (19.05%), Vitamin B1: 0.26mg (17.38%), Folate: 64µg (16%), Copper: 0.31mg (15.47%), Vitamin B5: 1.47mg (14.7%), Manganese: 0.25mg (12.67%), Magnesium: 45.38mg (11.34%), Fiber: 1.84g (7.36%), Calcium: 53.08mg (5.31%), Vitamin E: 0.62mg (4.16%), Vitamin C: 2.42mg (2.93%), Vitamin D: 0.19µg (1.26%), Vitamin K: 1.16µg (1.11%), Vitamin A: 54.35IU (1.09%)