



Disney's Steak En Croute

READY IN



90 min.

SERVINGS



8

CALORIES



1143 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 bay leaves
- 0.5 cup breadcrumbs
- 0.3 cup butter
- 2 tablespoons butter
- 13.8 ounce beef broth canned
- 3 tablespoons cornstarch
- 1 eggs beaten
- 2 eggs
- 1 garlic clove minced

- 2 tablespoons spring onion minced
- 2 lbs ground round
- 6 tablespoons half and half
- 1 lb mushrooms finely
- 1 medium onion diced finely
- 1 tablespoon parsley chopped
- 0.5 teaspoon pepper
- 35 ounce puff pastry frozen
- 1 cup red wine
- 2 teaspoons salt
- 8 servings salt and pepper
- 1 cup cheddar cheese shredded
- 1 pinch thyme leaves
- 0.3 cup sacramento tomato juice
- 1 teaspoon worcestershire sauce

Equipment

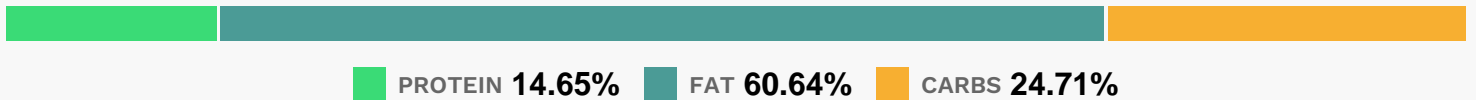
- bowl
- frying pan
- oven
- baking pan
- rolling pin

Directions

- Saut onion and garlic in butter until tender. In bowl add meat, onion mixture, 2 eggs half-and-half, tomato juice, Worcestershire sauce, bread crumbs, salt and pepper.
- Mix together. Shape into 8 meat loaves.
- Place in baking dish.

- Bake in 350 oven for 15 minutes.Cool throughly.Unfold one puff pasty sheet on lightly floured surface.
- Roll to 10 inch square with rolling pin.
- Cut in half.
- Place mini meatloaf along bottom of strip.Top with 1 teaspoon cheese and 1 tablespoon sauce that follows.
- Brush pastry edges with beaten egg about 1/8 inch wide.Bring top of pastry over loaf and under.Pinch securely to seal.
- Place on ungreased jelly roll pan.Repeat.
- Bake in 375 oven for 15 minutes or until pastry is golden.Saut mushrooms and onion in butter till soft.
- Add wine, thyme and bay leaf.Bring to boiling.Reduce to 1/2 cup.
- Pour beef broth in 2 cup measure and fill the rest with water until you get 2 cups liquid.
- Add cornstarch to liquid then add to wine mixture.Cook till thick on low heat. This mixture is bordelaise sauce that you add to the en croutes.

Nutrition Facts



Properties

Glycemic Index:57.42, Glycemic Load:31.36, Inflammation Score:-7, Nutrition Score:32.003043485724%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

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Nutrients (% of daily need)

Calories: 1143.31kcal (57.17%), Fat: 75.54g (116.22%), Saturated Fat: 26.2g (163.75%), Carbohydrates: 69.24g (23.08%), Net Carbohydrates: 66.12g (24.04%), Sugar: 4.2g (4.66%), Cholesterol: 175.93mg (58.64%), Sodium: 1596.27mg (69.4%), Alcohol: 3.18g (100%), Alcohol %: 0.87% (100%), Protein: 41.07g (82.15%), Selenium: 65.99µg (94.28%), Vitamin B3: 13.99mg (69.95%), Vitamin B2: 0.98mg (57.36%), Zinc: 7.37mg (49.11%), Vitamin B12: 2.92µg (48.71%), Phosphorus: 474.63mg (47.46%), Vitamin B1: 0.68mg (45.47%), Manganese: 0.81mg (40.43%), Iron: 7.06mg (39.24%), Folate: 139.02µg (34.75%), Vitamin K: 34.47µg (32.83%), Vitamin B6: 0.61mg (30.44%), Copper: 0.46mg (22.99%), Potassium: 802.55mg (22.93%), Vitamin B5: 1.98mg (19.78%), Calcium: 177.44mg (17.74%), Magnesium: 65.54mg (16.38%), Vitamin A: 630.85IU (12.62%), Fiber: 3.12g (12.48%), Vitamin E: 1.64mg (10.92%), Vitamin C: 4.88mg (5.92%), Vitamin D: 0.64µg (4.28%)