



Easy Salisbury Steak

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1.5 teaspoons onion dried minced
- ☐ 1 eggs beaten
- ☐ 1 pound ground beef
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 tablespoons catsup
- ☐ 10.8 ounce milk canned
- ☐ 1 large onion sliced into rings

- ☐ 0.5 cup rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons water
- ☐ 2 tablespoons worcestershire sauce

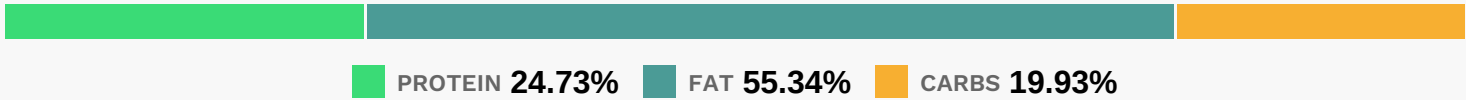
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix ground beef, oats, egg, Worcestershire sauce, ketchup, water, dried minced onion, salt, and pepper in a bowl until evenly combined; shape into 6 oval-shaped patties.
- ☐ Heat a large skillet over medium heat. Cook patties in hot skillet until browned completely, 2 minutes per side.
- ☐ Transfer browned patties to a baking dish.
- ☐ Top patties with onion rings. Stir mushroom soup and milk together in a bowl; pour over patties. Cover baking dish with aluminum foil.
- ☐ Bake in preheated oven until firm, hot, and grey in the center, about 45 minutes. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:2.98, Inflammation Score:-3, Nutrition Score:12.862608671188%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 313.5kcal (15.67%), Fat: 19.14g (29.45%), Saturated Fat: 7.67g (47.96%), Carbohydrates: 15.51g (5.17%), Net Carbohydrates: 14.15g (5.15%), Sugar: 5.69g (6.32%), Cholesterol: 89.59mg (29.86%), Sodium: 755.22mg (32.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.24g (38.49%), Vitamin B12: 2.04µg (33.98%), Zinc: 4.35mg (29.03%), Phosphorus: 243.51mg (24.35%), Selenium: 16.76µg (23.95%), Manganese: 0.47mg (23.74%), Vitamin B3: 3.94mg (19.7%), Vitamin B6: 0.37mg (18.63%), Vitamin B2: 0.28mg (16.48%), Iron: 2.64mg (14.65%), Potassium: 495.9mg (14.17%), Copper: 0.21mg (10.62%), Calcium: 102.1mg (10.21%), Magnesium: 37.92mg (9.48%), Vitamin B5: 0.9mg (9.05%), Vitamin B1: 0.13mg (8.49%), Folate: 22.17µg (5.54%), Fiber: 1.36g (5.43%), Vitamin D: 0.78µg (5.21%), Vitamin C: 3.72mg (4.5%), Vitamin E: 0.53mg (3.51%), Vitamin A: 153.19IU (3.06%), Vitamin K: 2.16µg (2.06%)