



 7%
HEALTH SCORE

Ground Beef Wellington

READY IN



55 min.

SERVINGS



2

CALORIES



815 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup mushrooms fresh chopped
- 1 tablespoon butter
- 2 teaspoons flour all-purpose
- 0.3 teaspoon pepper divided
- 0.5 cup cup heavy whipping cream
- 1 large egg yolk
- 2 tablespoons onion finely chopped
- 0.3 teaspoon salt
- 0.5 pound ground beef

- 4 ounces regular crescent rolls refrigerated
- 1 serving eggs lightly beaten
- 1 teaspoon parsley dried

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- kitchen thermometer

Directions

- In a saucepan, saute mushrooms in butter until softened. Stir in flour and 1/8 teaspoon pepper until blended. Gradually add the cream. Bring to a boil; cook and stir until thickened, about 2 minutes.
- Remove from the heat and set aside.
- In a bowl, combine the egg yolk, onion, 2 tablespoons mushroom sauce, salt and remaining 1/8 teaspoon pepper. Crumble beef over mixture and mix lightly but thoroughly. Shape into 2 loaves. Separate crescent dough into 2 rectangles on a baking sheet. Seal perforations.
- Place a meat loaf on each rectangle. Bring dough edges together and pinch to seal. If desired, brush with egg wash.
- Bake at 350° until golden brown and a thermometer inserted into meat loaf reads 160°, 24–28 minutes.
- Meanwhile, warm remaining sauce over low heat; stir in parsley.
- Serve sauce with Wellingtons.

Nutrition Facts

PROTEIN 13.78% FAT 72.52% CARBS 13.7%

Properties

Glycemic Index:108, Glycemic Load:1.52, Inflammation Score:-6, Nutrition Score:17.957391251688%

Flavonoids

Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 815.13kcal (40.76%), Fat: 66.49g (102.3%), Saturated Fat: 32.61g (203.82%), Carbohydrates: 28.26g (9.42%), Net Carbohydrates: 27.72g (10.08%), Sugar: 8.45g (9.39%), Cholesterol: 336.44mg (112.15%), Sodium: 910.06mg (39.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.43g (56.85%), Vitamin B12: 2.9µg (48.42%), Selenium: 33.36µg (47.66%), Zinc: 5.53mg (36.87%), Phosphorus: 318.38mg (31.84%), Vitamin B2: 0.54mg (31.66%), Vitamin B3: 5.86mg (29.28%), Vitamin A: 1293.49IU (25.87%), Vitamin B6: 0.49mg (24.67%), Iron: 3.86mg (21.47%), Vitamin B5: 1.7mg (17.04%), Potassium: 501.79mg (14.34%), Vitamin D: 2.01µg (13.42%), Vitamin E: 1.64mg (10.92%), Folate: 43.05µg (10.76%), Copper: 0.19mg (9.26%), Calcium: 89.82mg (8.98%), Vitamin B1: 0.12mg (8.33%), Magnesium: 30.88mg (7.72%), Vitamin K: 5.7µg (5.42%), Manganese: 0.1mg (4.91%), Fiber: 0.54g (2.16%), Vitamin C: 1.66mg (2.02%)