



Ground Sirloin with Mushroom Cream Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1.5 pounds ground sirloin
- ☐ 0.5 cup heavy cream
- ☐ 4 cups mushrooms sliced
- ☐ 1 small onion diced
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons vegetable oil

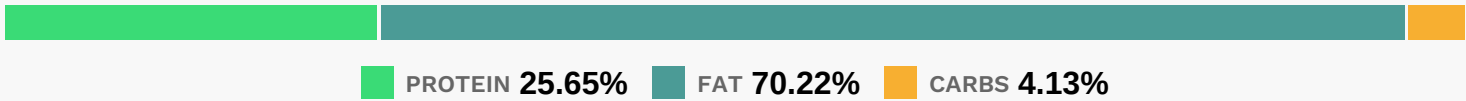
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Mix sirloin, salt and pepper well. Form 4 patties about 4 inches wide.
- ☐ Warm oil in a large skillet over mediumhigh heat. Cook patties until browned, 5 minutes per side.
- ☐ Transfer to a plate; cover with foil.
- ☐ Pour off all but 1 Tbsp. fat from skillet.
- ☐ Add onion and cook, stirring, until softened, 2 minutes.
- ☐ Add mushrooms; continue cooking, stirring, until mushrooms have given off their liquid and are soft, 10 minutes. Stir in cream and cook until slightly thickened, 2 minutes. Stir in parsley; return patties to skillet. Turn a few times over low heat until patties are coated in sauce and warmed through, 3 minutes. Spoon mushrooms on top and serve.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:1.07, Inflammation Score:-6, Nutrition Score:24.645217418671%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 555.81kcal (27.79%), Fat: 43.41g (66.79%), Saturated Fat: 17.92g (111.97%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 4.41g (1.6%), Sugar: 3.53g (3.92%), Cholesterol: 149.28mg (49.76%), Sodium: 320.71mg (13.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.68g (71.37%), Vitamin B12: 3.78µg (62.95%), Vitamin B3: 11.44mg (57.19%), Zinc: 8.24mg (54.95%), Selenium: 36.79µg (52.55%), Vitamin K: 48.54µg (46.23%), Vitamin B2: 0.71mg (41.59%), Phosphorus: 396.92mg (39.69%), Vitamin B6: 0.72mg (36.08%), Potassium: 872mg (24.91%), Vitamin B5: 2.48mg (24.76%), Iron: 4.23mg (23.49%), Copper: 0.43mg (21.62%), Vitamin A: 606.16IU

(12.12%), Magnesium: 44.1mg (11.02%), Vitamin B1: 0.16mg (10.99%), Vitamin E: 1.49mg (9.92%), Folate: 34.08µg (8.52%), Vitamin C: 6.15mg (7.45%), Vitamin D: 0.84µg (5.59%), Calcium: 54.93mg (5.49%), Fiber: 1.32g (5.29%), Manganese: 0.09mg (4.44%)