



## Hamburger Steak With Sweet Onion-Mushroom Gravy

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.2 oz brown gravy mix
- 1 large eggs lightly beaten
- 8 oz mushrooms fresh sliced
- 2 garlic cloves minced
- 1 pound ground round
- 0.5 teaspoon pepper freshly ground
- 0.5 teaspoon salt

- 1 medium size onion sweet halved thinly sliced
- 1 tablespoon vegetable oil
- 2 slices honey-wheat bread

## Equipment

- food processor
- frying pan
- whisk
- mixing bowl
- plastic wrap

## Directions

- Process bread slices in a food processor 10 seconds or until finely chopped.
- Place breadcrumbs in a mixing bowl; add ground round and next 4 ingredients. Gently combine until blended, using your hands. Shape into 4 (4-inch) patties.
- Whisk together brown gravy mix and 1 1/2 cups water.
- Cook patties in hot oil in a large skillet over medium-high heat 2 minutes on each side or just until browned.
- Remove patties from skillet.
- Add mushrooms and onion to skillet, and saut 6 minutes or until tender. Stir in prepared gravy, and bring to a light boil. Return patties to skillet, and spoon gravy over each patty. Cover, reduce heat to low, and simmer 8 to 10 minutes.
- Note: To make ahead, proceed with Step 1 as directed. Wrap each patty individually in plastic wrap, and place in a large zip-top plastic freezer bag. Freeze up to 3 months. Thaw frozen patties in refrigerator 8 hours; proceed with Steps 2 and

## Nutrition Facts



## Properties

Glycemic Index:40.92, Glycemic Load:4.2, Inflammation Score:-5, Nutrition Score:19.523043202317%

## Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg

## Nutrients (% of daily need)

Calories: 328.46kcal (16.42%), Fat: 16.84g (25.91%), Saturated Fat: 5.65g (35.29%), Carbohydrates: 15.45g (5.15%), Net Carbohydrates: 13.21g (4.8%), Sugar: 6.25g (6.94%), Cholesterol: 120.21mg (40.07%), Sodium: 503.58mg (21.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.51g (57.02%), Selenium: 32.19µg (45.98%), Vitamin B12: 2.64µg (44%), Vitamin B3: 8.55mg (42.76%), Zinc: 6.26mg (41.75%), Phosphorus: 336.88mg (33.69%), Vitamin B6: 0.66mg (32.79%), Vitamin B2: 0.5mg (29.64%), Manganese: 0.46mg (23.05%), Iron: 3.67mg (20.38%), Potassium: 704.43mg (20.13%), Vitamin B5: 1.9mg (19.05%), Copper: 0.36mg (17.85%), Vitamin B1: 0.19mg (12.7%), Magnesium: 48.32mg (12.08%), Folate: 47.32µg (11.83%), Fiber: 2.25g (8.99%), Vitamin K: 8.97µg (8.55%), Vitamin C: 5.63mg (6.83%), Calcium: 65.68mg (6.57%), Vitamin E: 0.87mg (5.83%), Vitamin D: 0.48µg (3.18%), Vitamin A: 70.25IU (1.4%)