



HDTV Salisbury Steak Dinner

READY IN



530 min.

SERVINGS



4

CALORIES



1645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 cup chocolate chips
- 2 cups cooking wine dry red
- 1 large eggs
- 2 large eggs
- 0.5 cup flour all-purpose
- 2 tablespoons flour all-purpose
- 2 cups garlic potatoes prepared mashed
- 2 garlic cloves chopped

- 2 cups blanched green beans and baby carrots
- 2 pounds ground sirloin
- 1 jalapeno seeded chopped
- 2 cups mushrooms sliced
- 3 tablespoons olive oil
- 1 medium onion chopped
- 0.5 cup panko bread crumbs
- 0.5 teaspoon salt
- 4 servings salt and pepper
- 1 cup sugar
- 0.5 cup butter unsalted (1 stick)
- 2 tablespoons butter unsalted for freezing
- 3 ounces chocolate unsweetened
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- whisk
- plastic wrap
- microwave

Directions

- Combine the sirloin, onion, jalapeno, garlic, egg, bread crumbs, and salt and pepper, mixing well with your hands. Form the mixture into 4 (1/2-inch thick) patties, shaped like a steak. Put 1 tablespoon oil into a skillet over medium-high heat and brown the Salisbury steaks on both sides, about 3 to 5 minutes, adding more oil to the pan as needed. Set the browned steaks aside and let them cool.
- Add the mushrooms to the same pan, along with the butter and flour. Cook over medium heat for 3 to 5 minutes, until the butter has melted and the flour is cooked through.

- Remove the pan from the heat and pour in the red wine. Return the pan to the heat and cook until the sauce has thickened, about 5 minutes more.
- Remove from the heat and let cool.
- In a microwave-safe plastic TV dinner tray, put the steaks in the largest compartment and cover each with 1/4 of the sauce. Put 1/2 cup mashed potatoes into another section and top with 1 teaspoon butter. Put 1/2 cup vegetables in another section and top with 1 teaspoon butter.
- Pour enough Microwave Brownie batter into the last section to come up almost to the top of the container and sprinkle over some chocolate chips. Cover the whole thing with plastic wrap and freeze overnight, or up to 1 month.
- When ready to eat, remove from the freezer and cut the plastic wrap away from the brownie compartment. Microwave on high for 6 minutes, then on medium for 3 minutes. (Times will vary depending on the wattage of your microwave.)
- Let rest for 1 minute, carefully remove the plastic wrap, and eat.
- Put the butter and chocolate into a microwave-safe bowl and heat on high for 1 to 2 minutes, stirring every 30 seconds to melt the chocolate. Set aside.
- In another bowl, whisk together the eggs and sugar.
- In a large bowl sift the flour with the baking powder and salt.
- Add the egg and chocolate mixtures along with the vanilla and stir well to combine. Follow instructions above.

Nutrition Facts



PROTEIN 15.01% **FAT 53.68%** **CARBS 31.31%**

Properties

Glycemic Index:127.27, Glycemic Load:54.23, Inflammation Score:-9, Nutrition Score:53.57652162469%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg Catechin: 22.92mg, Catechin: 22.92mg, Catechin: 22.92mg Epicatechin: 42.95mg, Epicatechin: 42.95mg, Epicatechin: 42.95mg, Epicatechin: 42.95mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.4mg, Isorhamnetin:

1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg

Nutrients (% of daily need)

Calories: 1645.29kcal (82.26%), Fat: 95.75g (147.31%), Saturated Fat: 45.24g (282.77%), Carbohydrates: 125.67g (41.89%), Net Carbohydrates: 117.29g (42.65%), Sugar: 68.5g (76.11%), Cholesterol: 369.78mg (123.26%), Sodium: 824.21mg (35.84%), Alcohol: 12.94g (100%), Alcohol %: 2.17% (100%), Caffeine: 17.01mg (5.67%), Protein: 60.26g (120.52%), Manganese: 2.47mg (123.48%), Selenium: 73µg (104.28%), Vitamin B6: 1.91mg (95.5%), Zinc: 14.21mg (94.77%), Vitamin B12: 5.36µg (89.35%), Phosphorus: 777.33mg (77.73%), Vitamin B3: 15.22mg (76.1%), Iron: 12.56mg (69.79%), Copper: 1.33mg (66.72%), Vitamin B2: 1.02mg (60.13%), Potassium: 1604.48mg (45.84%), Vitamin C: 35.59mg (43.14%), Magnesium: 162.03mg (40.51%), Vitamin B1: 0.61mg (40.34%), Vitamin K: 40.06µg (38.15%), Fiber: 8.38g (33.52%), Vitamin B5: 3.32mg (33.23%), Calcium: 302.41mg (30.24%), Vitamin A: 1510.56IU (30.21%), Folate: 116.29µg (29.07%), Vitamin E: 4.09mg (27.23%), Vitamin D: 1.6µg (10.69%)