



Herbed Salisbury Mushroom Steaks

READY IN



35 min.

SERVINGS



5

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz mushrooms fresh sliced (3 cups)
- 1 lb ground beef 90% (at least)
- 0.3 cup breadcrumbs plain
- 0.3 cup eggs fat-free
- 0.3 cup skim milk fat-free (skim)
- 0.8 teaspoon thyme leaves dried
- 3 tablespoons catsup
- 2 teaspoons soybean oil
- 12 oz gravy fat-free

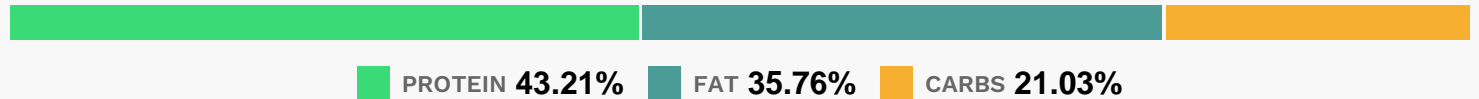
Equipment

- bowl
- frying pan
- kitchen thermometer

Directions

- Finely chop 1 cup of the mushrooms. In medium bowl, mix chopped mushrooms, beef, bread crumbs, egg product, milk, thyme and 1 tablespoon of the ketchup. Shape mixture into 5 oval patties, 1/2 inch thick.
- In 12-inch nonstick skillet, heat oil over medium-high heat.
- Add patties; cook about 5 minutes, turning once, until browned.
- Add remaining sliced mushrooms, 2 tablespoons ketchup and the gravy.
- Heat to boiling; reduce heat to low. Cover; cook 5 to 10 minutes or until meat thermometer inserted in center of patties reads 160°F and patties are no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:22.05, Glycemic Load:0.54, Inflammation Score:-5, Nutrition Score:14.403478384018%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 231.01kcal (11.55%), Fat: 9.11g (14.01%), Saturated Fat: 3.37g (21.05%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 11.28g (4.1%), Sugar: 4.96g (5.51%), Cholesterol: 107.25mg (35.75%), Sodium: 517.22mg (22.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.76g (49.51%), Vitamin B12: 2.25µg (37.47%), Selenium: 25.4µg (36.29%), Vitamin B3: 7.14mg (35.69%), Zinc: 5.16mg (34.43%), Phosphorus: 267.36mg (26.74%), Vitamin B2: 0.44mg (25.77%), Vitamin B6: 0.45mg (22.62%), Iron: 2.94mg (16.35%), Vitamin B5: 1.53mg (15.27%), Potassium: 533.05mg (15.23%), Copper: 0.25mg (12.31%), Vitamin B1: 0.14mg (9.27%), Magnesium: 30.94mg (7.74%), Folate: 24.93µg (6.23%), Manganese: 0.1mg (4.89%), Calcium: 44.95mg (4.49%), Vitamin E: 0.67mg (4.46%), Vitamin K:

4.25µg (4.04%), Vitamin D: 0.56µg (3.73%), Fiber: 0.77g (3.06%), Vitamin A: 151.02IU (3.02%), Vitamin C: 1.8mg (2.18%)