



## Mushroom Beef Patties

READY IN



30 min.

SERVINGS



4

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 tablespoons butter divided
- 1 teaspoon basil dried
- 0.3 cup breadcrumbs dry
- 2 tablespoons flour all-purpose
- 0.5 pound mushrooms fresh sliced
- 0.5 teaspoon garlic powder
- 2 tablespoons spring onion chopped
- 1 pound ground beef
- 0.5 cup half and half

- 2 tablespoons milk
- 0.5 teaspoon pepper
- 0.3 teaspoon hot sauce hot
- 1 teaspoon salt divided
- 0.3 cup cheddar cheese shredded
- 0.5 cup water
- 1 tablespoon worcestershire sauce

## Equipment

- bowl
- frying pan
- whisk
- slotted spoon

## Directions

- In a bowl, combine the milk, Worcestershire sauce, bread crumbs, 1/2 teaspoon salt, pepper and garlic powder. Crumble beef over mixture and mix well. Shape into three or four oval patties. In a large skillet, cook patties over medium heat until no longer pink.
- In another skillet, saute mushrooms and basil in 2 tablespoons butter until tender; drain.
- Remove mushrooms with a slotted spoon and set aside.
- In the same skillet, melt the remaining butter; stir in flour until smooth. Gradually whisk in the cream, 1/2 cup water, pepper sauce and remaining salt. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly.
- Add enough remaining water to make a medium-thin sauce.
- Add reserved mushrooms; heat though.
- Serve over beef patties; top with cheese and onions.

## Nutrition Facts

 PROTEIN 18.78%  FAT 71.72%  CARBS 9.5%

## Properties

Glycemic Index:72.75, Glycemic Load:2.75, Inflammation Score:-5, Nutrition Score:18.360869511314%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 545.95kcal (27.3%), Fat: 43.61g (67.09%), Saturated Fat: 21.44g (134.03%), Carbohydrates: 13g (4.33%), Net Carbohydrates: 11.75g (4.27%), Sugar: 3.71g (4.12%), Cholesterol: 136.69mg (45.56%), Sodium: 953.96mg (41.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.7g (51.4%), Vitamin B12: 2.68µg (44.59%), Selenium: 28.69µg (40.98%), Vitamin B3: 7.63mg (38.13%), Zinc: 5.64mg (37.59%), Vitamin B2: 0.56mg (32.93%), Phosphorus: 322.3mg (32.23%), Vitamin B6: 0.47mg (23.63%), Iron: 3.56mg (19.77%), Potassium: 621.67mg (17.76%), Vitamin B5: 1.65mg (16.46%), Copper: 0.3mg (15.2%), Calcium: 145.73mg (14.57%), Vitamin K: 15.26µg (14.54%), Vitamin B1: 0.21mg (14.16%), Vitamin A: 664.23IU (13.28%), Manganese: 0.19mg (9.67%), Magnesium: 38.26mg (9.56%), Folate: 37.85µg (9.46%), Vitamin E: 1.07mg (7.12%), Fiber: 1.24g (4.97%), Vitamin C: 2.77mg (3.36%), Vitamin D: 0.35µg (2.34%)