



Quick-and-Easy Salisbury Steaks



Gluten Free



Dairy Free

READY IN



19 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce gravy fat-free
- ☐ 2 tablespoons white wine dry
- ☐ 1 tablespoon thyme leaves dried fresh finely chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper
- ☐ 1 pound ground round
- ☐ 8 ounce pre mushrooms fresh
- ☐ 0.3 cup onion chopped

- ☐ 0.3 teaspoon salt
- ☐ 4 servings thyme sprigs fresh

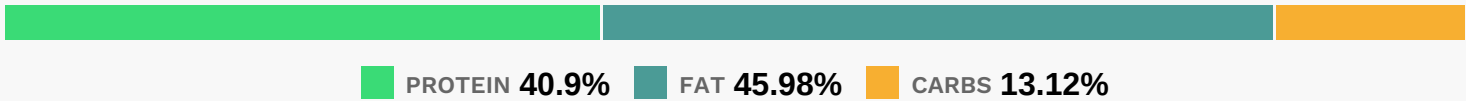
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 4 ingredients in a medium bowl; mix well. Shape mixture into 4 (1/2-inch-thick) patties.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium heat until hot.
- ☐ Add patties, and cook 4 to 5 minutes on each side or until done.
- ☐ Remove patties from skillet, and set aside.
- ☐ Increase heat to medium-high; add mushrooms, onion, and thyme; cook, stirring constantly, 3 minutes or until vegetables are tender.
- ☐ Add sherry; cook 1 minute. Stir in gravy; return patties to skillet. Cook 2 minutes or until thoroughly heated.
- ☐ Garnish with thyme, if desired.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.71, Inflammation Score:-9, Nutrition Score:16.053478323895%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 262.63kcal (13.13%), Fat: 13.08g (20.12%), Saturated Fat: 5.39g (33.68%), Carbohydrates: 8.4g (2.8%), Net Carbohydrates: 7.1g (2.58%), Sugar: 3.08g (3.42%), Cholesterol: 80.51mg (26.84%), Sodium: 614.1mg (26.7%), Alcohol: 0.77g (100%), Alcohol %: 0.36% (100%), Protein: 26.17g (52.35%), Vitamin B12: 2.53µg (42.15%), Vitamin B3: 7.89mg (39.44%), Zinc: 5.84mg (38.93%), Selenium: 24.25µg (34.65%), Phosphorus: 265.71mg (26.57%), Vitamin B6: 0.51mg (25.28%), Vitamin B2: 0.42mg (24.58%), Iron: 4.3mg (23.89%), Vitamin K: 18.33µg (17.45%), Potassium: 582.39mg (16.64%), Vitamin B5: 1.55mg (15.46%), Copper: 0.28mg (14.15%), Manganese: 0.17mg (8.68%), Magnesium: 33.69mg (8.42%), Vitamin B1: 0.11mg (7.01%), Folate: 21.72µg (5.43%), Fiber: 1.3g (5.18%), Vitamin C: 4.03mg (4.89%), Calcium: 42.03mg (4.2%), Vitamin E: 0.45mg (2.99%), Vitamin A: 86.39IU (1.73%), Vitamin D: 0.23µg (1.51%)