



## Salisbury Steak

 Dairy Free

READY IN



51 min.

SERVINGS



6

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10.5 ounce beef consomme divided canned
- 0.5 teaspoon pepper black
- 2 teaspoons cornstarch
- 10.8 ounce golden mushroom soup canned
- 2 large egg whites
- 1.5 pounds ground round
- 8 ounce pre mushrooms
- 0.5 cup onion chopped

0.8 ounce bread light white

## Equipment

food processor

bowl

frying pan

whisk

## Directions

Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1/3 cup.

Combine crumbs, beef, egg, and onion in a bowl. Shape into 6 (1/2-inch-thick) patties.

Heat a large nonstick skillet over medium-high heat; coat pan with cooking spray.

Add patties; cook 5 minutes on each side or until browned.

Transfer patties to a platter, and keep warm.

Add mushrooms to pan; saut over medium-high heat 2 minutes.

Add beef consomm, reserving 1 tablespoon.

Add mushroom soup and pepper; stir well to combine.

Add patties. Bring mixture to a boil; reduce heat, cover, and simmer 20 minutes.

Combine reserved 1 tablespoon consomm and cornstarch in a small bowl, stirring with a whisk; add to pan. Bring to a boil; cook 1 minute or until thickened.

## Nutrition Facts

 **PROTEIN 43.5%** **FAT 44.59%** **CARBS 11.91%**

## Properties

Glycemic Index:27.63, Glycemic Load:1.89, Inflammation Score:-2, Nutrition Score:15.495217256734%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 266.57kcal (13.33%), Fat: 12.97g (19.95%), Saturated Fat: 5.32g (33.27%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 6.95g (2.53%), Sugar: 1.59g (1.77%), Cholesterol: 76.25mg (25.42%), Sodium: 658.33mg (28.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.47g (56.94%), Vitamin B12: 2.65µg (44.12%), Zinc: 6.25mg (41.66%), Vitamin B3: 8.17mg (40.85%), Selenium: 25.86µg (36.94%), Phosphorus: 272.48mg (27.25%), Vitamin B2: 0.43mg (25.35%), Vitamin B6: 0.5mg (25.18%), Iron: 3.35mg (18.62%), Potassium: 619.05mg (17.69%), Copper: 0.32mg (15.92%), Vitamin B5: 1.41mg (14.07%), Manganese: 0.25mg (12.44%), Magnesium: 34.5mg (8.62%), Vitamin B1: 0.12mg (7.69%), Folate: 24.97µg (6.24%), Fiber: 0.84g (3.37%), Calcium: 32.31mg (3.23%), Vitamin E: 0.38mg (2.53%), Vitamin C: 1.78mg (2.16%), Vitamin D: 0.19µg (1.26%), Vitamin K: 1.24µg (1.18%)