

Salisbury Steak



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons pepper black
- ☐ 3 eggs lightly beaten
- ☐ 2 tablespoons garlic chopped
- ☐ 1.5 pounds ground pork lean
- ☐ 3 pounds ground beef lean
- ☐ 1 onion chopped
- ☐ 1 tablespoon salt
- ☐ 1 cup tomatoes diced peeled seeded

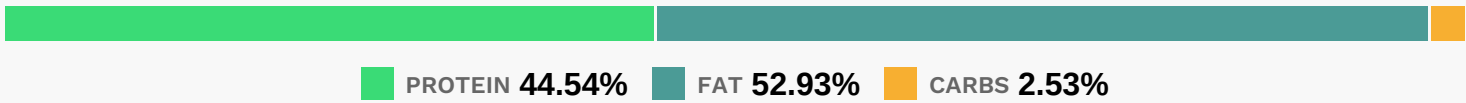
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C). Lightly grease a large shallow baking dish.
- ☐ In a large bowl, combine ground beef, ground pork, tomatoes, eggs, onion, garlic, salt and pepper.
- ☐ Mix well. Shape into 12 (4-inch) round patties.
- ☐ Place in baking dish.
- ☐ Bake in preheated oven for 35 minutes, until evenly brown, and juices run clear. Cook to a minimum of 160 degrees F (73 degrees C).

Nutrition Facts



Properties

Glycemic Index:10.58, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:18.131739372792%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 328.72kcal (16.44%), Fat: 18.78g (28.89%), Saturated Fat: 7.37g (46.06%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 1.62g (0.59%), Sugar: 0.77g (0.86%), Cholesterol: 152.05mg (50.68%), Sodium: 704.85mg (30.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.56g (71.11%), Selenium: 37.31µg (53.29%), Vitamin B12: 3.03µg (50.58%), Zinc: 7.22mg (48.12%), Vitamin B3: 8.79mg (43.97%), Vitamin B6: 0.72mg (35.93%), Phosphorus: 353.6mg (35.36%), Vitamin B1: 0.48mg (31.85%), Vitamin B2: 0.37mg (21.93%), Iron: 3.49mg (19.42%), Potassium: 621.86mg (17.77%), Vitamin B5: 1.31mg (13.09%), Magnesium: 40.1mg (10.02%), Copper: 0.14mg (6.97%),

Manganese: 0.1mg (5.09%), Folate: 17.36µg (4.34%), Vitamin C: 3.19mg (3.87%), Vitamin E: 0.51mg (3.37%), Vitamin A: 168.47IU (3.37%), Calcium: 31.53mg (3.15%), Vitamin D: 0.33µg (2.22%), Vitamin K: 1.82µg (1.74%), Fiber: 0.4g (1.58%)