

Salisbury Steak



Dairy Free



Popular

READY IN



40 min.

SERVINGS



6

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.5 ounce condensed onion soup french canned
- ☐ 0.5 cup bread crumbs dry
- ☐ 1 eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.5 pounds ground beef
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.3 cup catsup
- ☐ 0.5 teaspoon ground mustard

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water
- ☐ 1 tablespoon worcestershire sauce

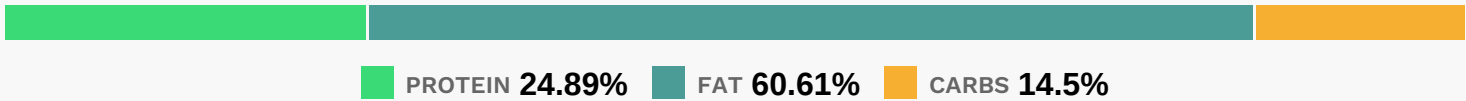
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large bowl, mix together 1/3 cup condensed French onion soup with ground beef, bread crumbs, egg, salt and black pepper. Shape into 6 oval patties.
- ☐ In a large skillet over medium-high heat, brown both sides of patties.
- ☐ Pour off excess fat.
- ☐ In a small bowl, blend flour and remaining soup until smooth.
- ☐ Mix in ketchup, water, Worcestershire sauce and mustard powder.
- ☐ Pour over meat in skillet. Cover, and cook for 20 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:0.7, Inflammation Score:-2, Nutrition Score:12.654347868069%

Flavonoids

Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 369.71kcal (18.49%), Fat: 24.53g (37.74%), Saturated Fat: 9.44g (59%), Carbohydrates: 13.2g (4.4%), Net Carbohydrates: 12.31g (4.48%), Sugar: 4.59g (5.1%), Cholesterol: 109.78mg (36.59%), Sodium: 633.24mg (27.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.67g (45.33%), Vitamin B12: 2.52µg (42.06%), Zinc: 5.01mg (33.39%), Selenium: 22.39µg (31.98%), Vitamin B3: 5.64mg (28.2%), Phosphorus: 215.63mg (21.56%), Vitamin B6: 0.41mg (20.34%), Potassium: 608.12mg (17.37%), Iron: 3.03mg (16.81%), Vitamin B2: 0.26mg (15.56%), Vitamin B1: 0.15mg (10.2%), Vitamin B5: 0.74mg (7.43%), Magnesium: 26.76mg (6.69%), Manganese: 0.12mg (6.21%), Folate:

24.71µg (6.18%), Copper: 0.12mg (5.83%), Calcium: 54.63mg (5.46%), Vitamin E: 0.71mg (4.71%), Fiber: 0.9g (3.59%),
Vitamin K: 3.07µg (2.92%), Vitamin A: 93.42IU (1.87%), Vitamin D: 0.26µg (1.73%)