



Salisbury Steak Deluxe

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounces cream of mushroom soup undiluted canned
- 1 tablespoon mustard prepared
- 2 teaspoons worcestershire sauce
- 1 teaspoon horseradish prepared
- 1 large eggs
- 0.3 cup breadcrumbs dry
- 0.3 cup onion finely chopped
- 0.5 teaspoon salt

- 1 Dash pepper
- 1.5 pound ground beef
- 1 tablespoons canola oil
- 0.5 cup water
- 2 tablespoons parsley fresh chopped

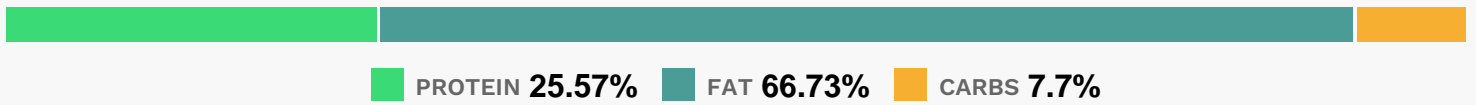
Equipment

- bowl
- frying pan
- kitchen thermometer

Directions

- In a small bowl, combine the soup, mustard, Worcestershire sauce and horseradish. Set aside. In another bowl, lightly beat the egg.
- Add the bread crumbs, onion, salt, pepper and 1/4 cup of the soup mixture. Crumble beef over mixture and mix well. Shape into six patties.
- In a large skillet, brown the patties in oil; drain.
- Combine remaining soup mixture with water; pour over patties. Cover and cook over low heat until meat is no longer pink and a thermometer reads 160°, 10-15 minutes.
- Remove patties to a serving platter; serve sauce with meat.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:14.055217391304%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg,

Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg
Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.36mg, Quercetin: 1.36mg,
Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 373.83kcal (18.69%), Fat: 27.29g (41.98%), Saturated Fat: 9.77g (61.04%), Carbohydrates: 7.08g (2.36%),
Net Carbohydrates: 6.49g (2.36%), Sugar: 0.91g (1.01%), Cholesterol: 113.88mg (37.96%), Sodium: 708.54mg
(30.81%), Protein: 23.53g (47.05%), Vitamin B12: 2.59µg (43.2%), Zinc: 5.49mg (36.58%), Selenium: 21.62µg
(30.89%), Vitamin B3: 5.58mg (27.9%), Vitamin K: 26.02µg (24.78%), Phosphorus: 223.69mg (22.37%), Vitamin B6:
0.42mg (20.82%), Iron: 3.14mg (17.46%), Vitamin B2: 0.26mg (15.29%), Potassium: 425.21mg (12.15%), Manganese:
0.22mg (11.08%), Copper: 0.2mg (9.78%), Vitamin B5: 0.83mg (8.34%), Vitamin B1: 0.12mg (7.7%), Magnesium:
28.77mg (7.19%), Vitamin E: 0.99mg (6.58%), Folate: 24.08µg (6.02%), Calcium: 43.54mg (4.35%), Vitamin C:
2.74mg (3.33%), Vitamin A: 160.92IU (3.22%), Fiber: 0.59g (2.37%), Vitamin D: 0.28µg (1.87%)