



## Salisbury Steak with Mashed Potatoes

READY IN



30 min.

SERVINGS



30

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 oz heinz homestyle savory beef gravy
- 1 cup knudsen cream sour
- 1 eggs
- 6 Tbsp parsley fresh chopped
- 1.5 lb ground beef lean
- 1 Tbsp oil
- 1 onion finely chopped
- 2 cups potato flakes instant
- 6 oz stove top stuffing mix for chicken

3.3 cups water divided

## Equipment

frying pan

sauce pan

## Directions

Mix first 4 ingredients and 1 cup water. Shape into 6 (3/4-inch-thick) oval patties.

Heat oil in large skillet on medium-high heat.

Add patties; cook 5 min. Turn. Reduce heat to medium; cook 5 min. or until done (160F).

Mix gravy with 1/2 cup water; pour over patties. Bring to boil; cover. Simmer on low heat 5 min.

Meanwhile, bring remaining 1-3/4 cups water to boil in medium saucepan.

Remove from heat; stir in potato flakes with fork. Stir in sour cream; cook on low heat 3 min. or until heated through, stirring frequently.

Spoon potatoes onto serving plates.

Serve with meat and gravy; sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:1.97, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:4.9430435364661%

## Flavonoids

Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 95.02kcal (4.75%), Fat: 3.64g (5.6%), Saturated Fat: 1.52g (9.49%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 8.37g (3.04%), Sugar: 1.22g (1.36%), Cholesterol: 25mg (8.33%), Sodium: 157.04mg (6.83%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.44g (12.88%), Vitamin K: 13.41µg (12.77%), Selenium: 7.96µg (11.37%), Vitamin B3: 1.85mg (9.23%), Vitamin B12: 0.54µg (8.97%), Zinc: 1.3mg (8.64%), Phosphorus: 69.38mg (6.94%), Vitamin B6: 0.14mg (6.91%), Vitamin B1: 0.09mg (5.8%), Vitamin C: 4.59mg (5.57%), Vitamin B2: 0.09mg (5.01%), Iron: 0.89mg (4.94%), Potassium: 157.51mg (4.5%), Folate: 15.5µg (3.88%), Vitamin B5: 0.31mg (3.07%), Magnesium: 11.84mg (2.96%), Manganese: 0.05mg (2.48%), Vitamin A: 120.33IU (2.41%), Copper: 0.05mg (2.32%), Fiber: 0.53g (2.13%), Calcium: 19.85mg (1.98%), Vitamin E: 0.22mg (1.46%)