



 **57%**
HEALTH SCORE

Salisbury Steak with Mashed Potatoes and Parsnips and Cress

READY IN



40 min.

SERVINGS



4

CALORIES



982 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 1.5 cups beef stock
- 0.5 cup saltine crumbs
- 2 tablespoons butter
- 1 eggs
- 0.3 cup flat-leaf parsley finely chopped
- 2 tablespoons flour all-purpose
- 2 cloves garlic chopped

- 4 servings ground nutmeg
- 1.5 pounds ground sirloin
- 3 tablespoons onion and juice grate directly over meat grated
- 0.5 cup milk
- 1 tablespoon olive oil extra-virgin
- 2 medium onions chopped
- 2 parsnips peeled cut into chunks
- 1.5 teaspoons rubbed sage
- 4 servings salt and pepper black freshly ground
- 3 large starchy potatoes peeled cut into chunks
- 4 cups watercress loosely packed
- 3 tablespoons worcestershire sauce for sauce

Equipment

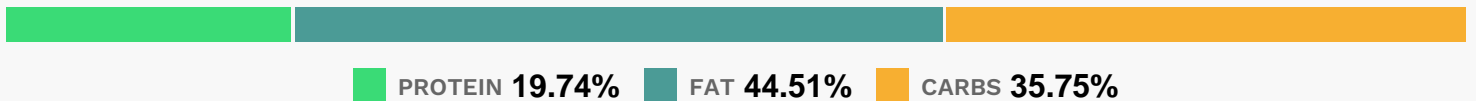
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- whisk
- pot

Directions

- Watch how to make this recipe.
- Preheat the oven to 425 degrees F.
- Put the potatoes and parsnips in large pot, cover with water and bring to a boil over medium heat. Salt the water and cook until tender, 12 to 15 minutes.
- Drain potatoes and parsnips and return them to the hot pot.

- Add the milk or cream and mash. Stir in the parsley, and season with salt, pepper and nutmeg, to taste.
- Meanwhile, put the meat in a bowl and add 3 tablespoons of Worcestershire, the egg, cracker crumbs, grated onion, salt and pepper, to taste. Cover a baking sheet with parchment paper.
- Mix meat to combine and form into 4 oval shaped loaves, no more than 1 1/2 inches thick and arrange them on a baking sheet.
- Drizzle with about 1 tablespoon extra-virgin olive oil and bake for 20 minutes.
- While meat is in oven, in a medium skillet over medium heat add the butter and melt, then add the onions and bay leaf and season with salt and pepper, to taste. Cook for 15 minutes, then add the garlic and sage and cook for another 3 minutes.
- Sprinkle in the flour and stir 1 minute, then whisk in the stock, 2 tablespoons Worcestershire and season liberally with black pepper, to taste. Cook for 1 minute to thicken the sauce.
- Serve the steaks, on individual plates, whole or sliced with gravy on top, a mound of mashed potatoes and parsnips and 1 cup of watercress leaves alongside.

Nutrition Facts



Properties

Glycemic Index:121.19, Glycemic Load:48.49, Inflammation Score:-9, Nutrition Score:49.823912890061%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 8.25mg, Kaempferol: 8.25mg, Kaempferol: 8.25mg, Kaempferol: 8.25mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 22.17mg, Quercetin: 22.17mg, Quercetin: 22.17mg, Quercetin: 22.17mg

Nutrients (% of daily need)

Calories: 981.88kcal (49.09%), Fat: 48.91g (75.25%), Saturated Fat: 22.18g (138.63%), Carbohydrates: 88.39g (29.46%), Net Carbohydrates: 78.56g (28.57%), Sugar: 11.98g (13.31%), Cholesterol: 212.35mg (70.78%), Sodium: 677.14mg (29.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.81g (97.62%), Vitamin K: 176.91µg (168.48%), Vitamin B6: 1.93mg (96.49%), Vitamin B3: 14.71mg (73.57%), Potassium: 2559.77mg (73.14%), Phosphorus: 669.28mg (66.93%), Vitamin C: 55.15mg (66.85%), Zinc: 9.8mg (65.32%), Vitamin B12: 3.92µg (65.3%), Manganese: 1.3mg (64.96%), Selenium: 43.92µg (62.74%), Iron: 8.95mg (49.75%), Vitamin B2: 0.74mg (43.66%), Vitamin B1: 0.65mg (43.6%), Vitamin A: 2096.24IU (41.92%), Fiber: 9.83g (39.31%), Magnesium: 156.67mg (39.17%),

Folate: 152.96µg (38.24%), Copper: 0.7mg (34.82%), Vitamin B5: 2.93mg (29.31%), Calcium: 229.86mg (22.99%),
Vitamin E: 3.3mg (22.03%), Vitamin D: 0.88µg (5.85%)