



Salisbury Steak with Mushroom Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup breadcrumbs dry fine
- 0.5 cup cooking wine dry red
- 2 large eggs lightly beaten
- 3 tablespoons flour all-purpose
- 8 ounce mushrooms fresh sliced
- 1 garlic clove minced
- 2 pounds ground beef
- 1.5 cups beef broth low-sodium

- 2 teaspoons mustard prepared
- 2 cups onion divided chopped
- 1 teaspoon pepper divided
- 1 teaspoon salt divided
- 3 tablespoons vegetable oil divided
- 2 teaspoons worcestershire sauce

Equipment

- frying pan
- oven
- whisk
- baking pan

Directions

- Saut half of chopped onion in 1 tablespoon hot oil in a medium skillet over medium-high heat until tender.
- Add garlic, and saut 30 seconds.
- Remove from heat, and let cool.
- Combine onion mixture, beef, next 4 ingredients, 1/4 teaspoon salt, and 1/2 teaspoon pepper. Shape into 6 patties.
- Cook patties in remaining 2 tablespoons hot oil over medium-high heat 3 minutes on each side or until browned. (Do not cook until done.)
- Remove patties and set aside.
- Add remaining half of chopped onion to drippings in skillet, and saut over medium heat until tender; add mushrooms, and saut 3 minutes.
- Whisk in flour, and cook, stirring constantly, 1 minute; whisk in wine, broth, and remaining 3/4 teaspoon salt and 1/2 teaspoon pepper. Bring to a boil; reduce heat to low and simmer, stirring occasionally, 5 minutes.
- Place patties in a lightly greased baking dish; top evenly with gravy.
- Bake, covered, at 350 for 25 minutes or until done.

Note: To reheat, bake, covered, at 350 for 45 minutes or until bubbly.

Nutrition Facts

PROTEIN 23.87% **FAT 65.81%** **CARBS 10.32%**

Properties

Glycemic Index:38, Glycemic Load:3.54, Inflammation Score:-5, Nutrition Score:20.140000099721%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg

Nutrients (% of daily need)

Calories: 553.55kcal (27.68%), Fat: 39.15g (60.23%), Saturated Fat: 13.27g (82.94%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 12.05g (4.38%), Sugar: 3.59g (3.99%), Cholesterol: 169.35mg (56.45%), Sodium: 704.07mg (30.61%), Alcohol: 2.1g (100%), Alcohol %: 0.74% (100%), Protein: 31.96g (63.91%), Vitamin B12: 3.41µg (56.91%), Selenium: 34.65µg (49.5%), Zinc: 6.94mg (46.26%), Vitamin B3: 8.38mg (41.9%), Phosphorus: 335.63mg (33.56%), Vitamin B6: 0.64mg (31.77%), Vitamin B2: 0.51mg (29.87%), Iron: 4.1mg (22.75%), Potassium: 787.15mg (22.49%), Vitamin B5: 1.7mg (17%), Vitamin K: 16.4µg (15.62%), Vitamin B1: 0.21mg (13.71%), Copper: 0.27mg (13.68%), Folate: 47µg (11.75%), Manganese: 0.23mg (11.61%), Magnesium: 40.96mg (10.24%), Vitamin E: 1.38mg (9.22%), Fiber: 1.75g (7.02%), Calcium: 64.56mg (6.46%), Vitamin C: 5.16mg (6.26%), Vitamin D: 0.56µg (3.73%), Vitamin A: 95.7IU (1.91%)