



Salisbury Steak with Mushroom Gravy

READY IN



45 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bread crumbs italian
- 1.2 ounce brown gravy mix
- 2 tablespoons butter divided
- 1 tablespoon canola oil
- 0.3 cup cognac
- 10 ounce cream of mushroom soup divided canned
- 4 servings rice cooked for serving
- 1 eggs lightly beaten
- 8 ounce mushrooms fresh sliced

- 1 pound ground beef lean
- 2 cups beef broth low-sodium
- 0.5 cup onions frozen chopped
- 1 teaspoon steak seasoning (recommended: Montreal)

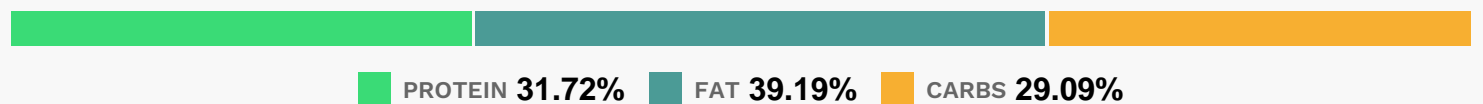
Equipment

- bowl
- frying pan
- whisk

Directions

- In a large bowl, combine beef, 1/4 can mushroom soup, bread crumbs, egg, onions, and steak seasoning.
- Mix thoroughly and shape into 4 oval patties.
- Heat oil and 1 tablespoon butter in large skillet over medium-high heat. Brown patties on both sides and transfer to a plate.
- Add remaining butter and cognac (remove pan from heat when adding cognac.)
- Saute mushrooms for 7 to 8 minutes.
- Add beef stock and whisk in gravy mix until smooth. Stir in remaining mushroom soup.
- Return patties to skillet and spoon gravy over top. Cover pan and simmer for 20 to 25 minutes.
- Serve Salisbury Steaks and Mushroom Gravy over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:24.74, Inflammation Score:-4, Nutrition Score:21.389565488567%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 485.41kcal (24.27%), Fat: 19.44g (29.92%), Saturated Fat: 8.39g (52.42%), Carbohydrates: 32.47g (10.82%), Net Carbohydrates: 30.93g (11.25%), Sugar: 3.44g (3.82%), Cholesterol: 129.82mg (43.27%), Sodium: 923.2mg (40.14%), Alcohol: 5.01g (100%), Alcohol %: 1.25% (100%), Protein: 35.42g (70.83%), Zinc: 7.44mg (49.63%), Selenium: 34.51µg (49.3%), Vitamin B3: 9.44mg (47.2%), Vitamin B12: 2.79µg (46.43%), Phosphorus: 359.82mg (35.98%), Manganese: 0.69mg (34.47%), Vitamin B6: 0.65mg (32.75%), Vitamin B2: 0.53mg (30.94%), Potassium: 986.99mg (28.2%), Copper: 0.49mg (24.35%), Iron: 4.13mg (22.94%), Vitamin B5: 2.22mg (22.2%), Magnesium: 49.67mg (12.42%), Vitamin B1: 0.14mg (9.56%), Folate: 34.71µg (8.68%), Vitamin E: 1.26mg (8.37%), Vitamin K: 7.47µg (7.11%), Fiber: 1.54g (6.17%), Vitamin A: 247.89IU (4.96%), Calcium: 40.06mg (4.01%), Vitamin C: 2.73mg (3.31%), Vitamin D: 0.45µg (2.98%)