



Salisbury Steak with Mushroom Gravy

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



6

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 1 eggs
- 0.1 teaspoon pepper
- 1 tablespoon vegetable oil
- 1 medium onion sliced cut in half, then
- 4.5 oz mushrooms drained sliced
- 12 oz gravy
- 0.5 cup frangelico

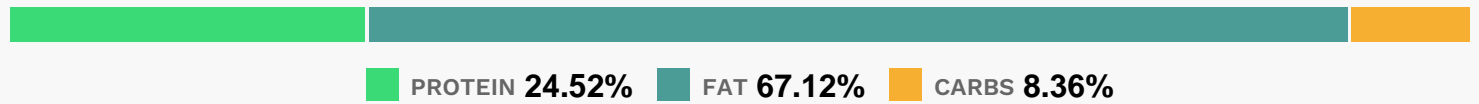
Equipment

- bowl
- frying pan
- kitchen thermometer

Directions

- In large bowl, mix beef, egg, 1/4 cup of the Bisquick mix and the pepper. With wet hands, shape beef mixture into 6 oval patties, about 1/2 inch thick. Lightly coat patties with remaining 1/4 cup Bisquick mix.
- In 12-inch nonstick skillet, heat oil over medium heat. Arrange patties in single layer in skillet.
- Add onion slices around and on top of patties. Cook 12 to 16 minutes, turning patties once and stirring onions occasionally, until meat thermometer inserted in center of patties reads 160°F.
- If necessary, spoon fat from skillet and discard.
- Add mushrooms and gravy to skillet. Turn patties to coat with gravy.
- Heat to boiling.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.54, Inflammation Score:-1, Nutrition Score:8.8847826797029%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 258.47kcal (12.92%), Fat: 19.13g (29.44%), Saturated Fat: 6.88g (42.97%), Carbohydrates: 5.37g (1.79%), Net Carbohydrates: 4.83g (1.76%), Sugar: 2.18g (2.43%), Cholesterol: 85.49mg (28.5%), Sodium: 322.55mg (14.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.73g (31.45%), Vitamin B12: 1.69µg (28.19%), Zinc: 3.4mg (22.65%), Selenium: 15.66µg (22.37%), Vitamin B3: 3.99mg (19.95%), Phosphorus: 157.63mg (15.76%), Vitamin B6: 0.3mg (15.04%), Vitamin B2: 0.24mg (13.88%), Iron: 1.74mg (9.69%), Potassium: 309.17mg (8.83%),

Vitamin B5: 0.83mg (8.33%), Copper: 0.13mg (6.34%), Vitamin K: 5.69µg (5.42%), Magnesium: 17.55mg (4.39%),
Vitamin B1: 0.06mg (4.08%), Folate: 15.84µg (3.96%), Vitamin E: 0.58mg (3.86%), Manganese: 0.05mg (2.43%),
Calcium: 22.75mg (2.28%), Vitamin C: 1.8mg (2.19%), Fiber: 0.53g (2.14%), Vitamin D: 0.26µg (1.77%)