



Salisbury Steak with Mushroom Gravy

READY IN



30 min.

SERVINGS



4

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 8 ounces cremini mushrooms quartered
- ☐ 0.3 cup cooking wine dry red
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 1 pound ground sirloin
- ☐ 1.3 cups lower-sodium beef broth fat-free
- ☐ 0.3 cup onion divided grated

- ☐ 1 teaspoon red wine vinegar
- ☐ 0.3 teaspoon salt

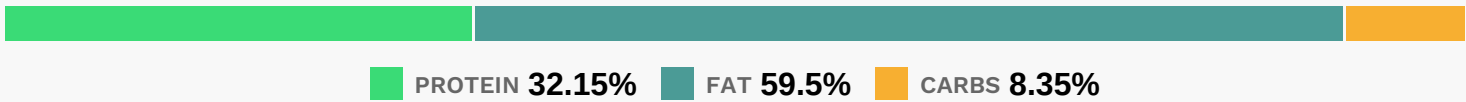
Equipment

- ☐ frying pan

Directions

- ☐ Combine 1/4 cup onion, pepper, salt, garlic, and beef. Shape into 4 (1/2-inch-thick) patties.
- ☐ Heat a skillet over medium-high heat. Coat with cooking spray.
- ☐ Add patties; cook 3 minutes on each side or until browned.
- ☐ Melt butter in pan.
- ☐ Add mushrooms; saut 4 minutes. Stir in wine and remaining onion; cook 2 minutes.
- ☐ Combine broth and flour; add to pan, and bring to a boil. Cook 5 minutes or until thick.
- ☐ Add patties and vinegar to pan; cook 2 minutes.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:1.48, Inflammation Score:-3, Nutrition Score:15.853043540664%

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 317.92kcal (15.9%), Fat: 19.95g (30.7%), Saturated Fat: 8.47g (52.95%), Carbohydrates: 6.3g (2.1%), Net Carbohydrates: 5.58g (2.03%), Sugar: 1.56g (1.74%), Cholesterol: 84.64mg (28.21%), Sodium: 384.57mg (16.72%),

Alcohol: 2.1g (100%), Alcohol %: 0.93% (100%), Protein: 24.26g (48.51%), Selenium: 33.62µg (48.03%), Vitamin B12: 2.52µg (42.06%), Zinc: 5.76mg (38.43%), Vitamin B3: 7.57mg (37.84%), Vitamin B2: 0.47mg (27.43%), Phosphorus: 271.47mg (27.15%), Vitamin B6: 0.49mg (24.55%), Potassium: 770.7mg (22.02%), Copper: 0.38mg (18.77%), Iron: 2.77mg (15.38%), Vitamin B5: 1.51mg (15.14%), Manganese: 0.18mg (8.99%), Vitamin B1: 0.13mg (8.39%), Magnesium: 28.19mg (7.05%), Folate: 27.14µg (6.78%), Calcium: 35.39mg (3.54%), Vitamin E: 0.51mg (3.43%), Fiber: 0.71g (2.85%), Vitamin K: 2.21µg (2.11%), Vitamin A: 89.23IU (1.78%), Vitamin C: 1.46mg (1.77%), Vitamin D: 0.17µg (1.13%)